

Heat Stroke

Heat stroke is defined as heat related disorder which occurs during breakdown of homeostasis, including the control of body temperature and hemodynamic stability, as results of too much exposure to sun in high temperature and humidity.

Symptoms of mild stage are dizziness, blackout, muscle pain, muscle stiffness, and numbness in limbs, with heavy sweating. In severe stage, headache, nausea, vomiting, fatigue. Furthermore, in more severe stage, strange responses to calls, convulsions, and loss of consciousness occur. At this stage, the sweating is stopped, the body temperature is getting higher.

In case of heat stroke, move to a cool place indoor or under a shady tree, loose or remove clothes, lie down with leg higher than the head and cool the body by putting ice bag on both sides of anterior neck, armpit and on the groin area. Wipe with cold wet towels and fan the body.



『環境省 熱中症環境保健マニュアル2018』より

If the person is conscious, take oral rehydration little by little. If unconscious, please call 119 immediately. Continue to keep cooling the body while waiting for the ambulance.

To avoid a heat stroke, take frequent breaks under the shade of trees or indoor, drink lots of liquids and avoid midday heat.

Please take special attention when in a bad health or in a poor physical condition such as having common cold, diarrhea and lack of sleep.