

KUMAGAYA FRIENDS

The official English-language newsletter for Kumagaya City, Saitama, published every second month.

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Preventing heatstroke in the age of COVID-19!

Due to the coronavirus, we have been forced to adapt to a new lifestyle of maintaining physical distance from others, wearing masks, frequent hand-washing and avoiding close contact with others in closed, crowded spaces. The following is a collection of tips for preventing heatstroke this year while maintaining an anti-coronavirus lifestyle. Let's all be particularly wary of heatstroke this year and put these tips into practice.

Public Health Section - Phone: 048-528-0601

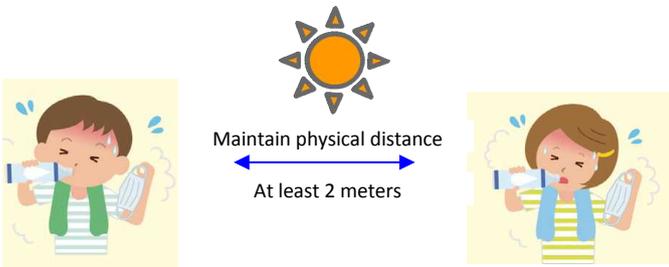
1. Avoid the heat

- Use air conditioning and other methods to adjust room temperature.
- In order to reduce the risk of coronavirus infection, maintain ventilation with a ventilation fan or by opening a window while regularly adjusting air conditioning temperature.
- Don't push your body too hard on hot days or in hot times during the day.
- Wear cool clothes.
- Be particularly cautious on days when the temperature rises very quickly.



2. Remove your mask as needed

- Be careful about wearing a mask in high temperature/humidity conditions.
- When you are able to maintain a physical distance from others while outside (at least 2 meters), take your mask off.
- While wearing a mask, avoid difficult labor and exercise, and take frequent breaks with your mask off while maintaining a physical distance from others.



3. Stay hydrated

- Drink water before you feel thirsty.
- Drink around 1.2L of water per day.
- Don't forget to replenish electrolytes in addition to water after you sweat a lot.



4. Stay on top of your health

- Check on your health and measure your body temperature regularly.
- When you are feeling unwell, don't push yourself and spend some time at home to rest.



5. Maintain your physical health

- In somewhat hot conditions, do around 30 minutes of light exercise every day.
- Don't push yourself too hard, and don't forget to stay hydrated.



Children, the elderly and those with physical disabilities are particularly susceptible to suffering heatstroke, so please take extra caution. Continue avoiding close contact with others in closed, crowded spaces, but be proactive in offering help to anyone you suspect may be suffering heatstroke. For more information, please visit the Ministry of Health, Labor and Welfare website using the QR code on the right.



Ministry of Health, Labor and Welfare

City population (as of 1st August 2020): 196,160
Foreign resident population: 3,557

