

# *Summer in Japan is hot and humid!*

**Around 400,000 cases of heat illness are reported annually, with more than 40,000 people being rushed to hospital.**

**If you feel  
sick/ill  
when it's hot,  
ask for HELP**

**Drink plenty of water**

**Keep out of the sun and hot places**

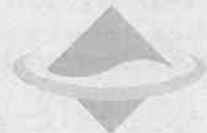
**Keep cool**

**FDMA**  
住民とともに

Fire and Disaster Management Agency



Ministry of Health, Labour and Welfare

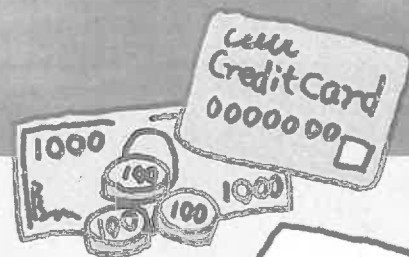
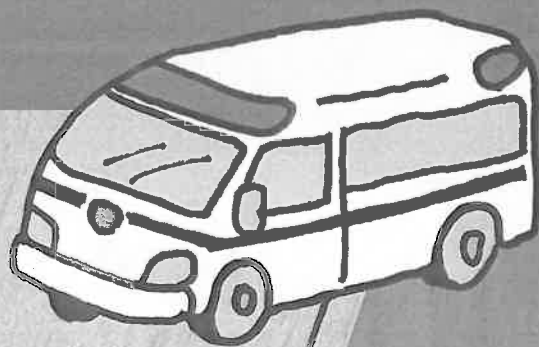


Ministry of Environment

**If someone loses consciousness or is unable to drink independently, call an ambulance.**

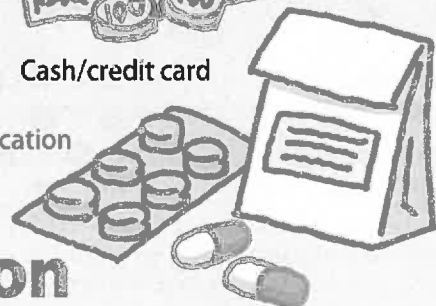
**119**

 **Ambulance-call**



Cash/credit card

Current medication and schedule



## **Things needed at the doctor:**

- **Passport**
- **Cash/credit card**
- **Details of current medication**
- **Health insurance card (if applicable)**