



If you get heat stroke !

Okinawa has strong sunlight all year round, so there is also a high risk of heat stroke.

First aid

- 1 **Move to a cool place,** such as in the shade!



Move to a cooler environment, such as a well-ventilated shady area or indoors where there is a cooler!

- 2 **Loosen clothing to let the heat escape from your body!**



Loosen clothing to allow heat to escape from the body, and also cool the neck and armpits, such as with ice.

- 3 **Water & salt replenishment**



Get enough fluid and salt with cold water and sports drinks!

- 4 **If the person is not fully conscious, call 119!**



If a person can't hydrate on their own or is not fully conscious, rush to a medical institution.

Preventive measures

- 1 **Replenish water and salt frequently!**



The key point is to replenish not only water, but also salt.

- 2 **Cool clothing and sun protection!**



Use items to protect yourself from the strong sunlight, such as a parasol, hat and sunglasses.



About twice as strong as in northern Japan!?

- The strong ultraviolet rays in Okinawa

The ultraviolet rays in Okinawa are very strong compared to other areas. Even sunbathing for a short time can lead to fever, blisters, and pain. To prevent health damage, make sure to take reliable protective measures!

You can compare the climate where you live with that of Okinawa on the "Useful Information for Okinawa Travel Website"! Use it as a reference for the clothes and other things to bring!

Measures for UV protection

- 1 Hold up a parasol and cover the skin with clothes such as long sleeves and long pants
- 2 Apply sunscreen frequently and use the shade

