

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



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

119



Things needed at the doctor:

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

