

# Heatstroke Prevention



Prepared by Yuki AOKI, Project Coordinator  
Development Cooperation Division, International Department  
Japanese Red Cross Society

# Contents

## **1 Awareness Raising**

- Video and IEC materials
- Heatstroke and COVID-19

## **2 First Aid for heatstroke**

## **3 Challenges**

## **4 Final remarks**

# Awareness Raising for heatstroke – JRCS Hiroshima



リスさんと学ぶ

熱中症の予防について

～赤十字救急法等講習より～



[Video Link](#) (5 mins)

# Awareness Raising for heatstroke – JRCS Ishikawa

**熱中症を防ぐために  
マスクをはずしましょう**

ウイルス感染対策は忘れずに!

屋外で  
**人と2m以上**  
(十分な距離)  
**離れている時**

十分な距離

2m以上

2m以上

マスク着用時は

激しい運動は避けましょう  
のどが潤いていなくても  
こまめに水分補給をしましょう

気温・湿度が高い時は  
特に注意しましょう

マスクを着けると熱中症になりそう...

のどが渇く前に水分補給

気温・湿度の高い中での  
マスク着用は要注意

[Video Link](#) (4 mins)

# First Aid for Heatstroke



# Challenges

- TV (National & Local Media)
- Local Authorities (Community Speaker)
- Schools (Education)

**thejapantimes**

NATIONAL / SCIENCE & HEALTH

Heatstroke sends 8,388 to hospitals across Japan in July



**Behavioral Changes**

# Way forward

- Understand **the most vulnerable people against heat**
- **Accommodate** the component of heatstroke where possible
- Ensure **behavioral changes** after implementation with evidences
- Make effective use of human capacities for **accompanying**
- Enhance coordination **with local communities and governments**



Branding ourselves as heat aid service provider