

# Let's prevent **heat stroke!**

Yokkaichi City Board of Education

As the heat becomes more severe year by year due to global warming, etc., the “Climate Change Adaptation Act” was revised in April 2024, and the previous Heat Stroke Alert (※) was positioned by law as “Heat Stroke Warning Information”. In line with this, in preparation for cases where more serious health damage may occur, a new level of “Special Heat Stroke Warning Information” (Special Heat Stroke Alert) has been created.

|                                      | <Heat Stroke Warning Information>                                                                                                                                                   | <Special Heat Stroke Warning Information>                                                                                                                                                   |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| General name                         | 「Heat Stroke Alert」                                                                                                                                                                 | 「Special Heat Stroke Alert」                                                                                                                                                                 |
| Announcement standard                | Announcements shall be made to prefectures where the heat index (WBGT) is expected to be 33 or higher at some points within the prefecture.                                         | When the predicted values for the next day are confirmed, announcements shall be made to prefectures where the heat index (WBGT) is predicted to be 35 or higher at all observation points. |
| Announcement time                    | Around 5:00 pm the day before and around 5:00 am on the day                                                                                                                         | Around 2:00 pm the day before<br>※Judged based on values predicted around 10 a.m. the day before.                                                                                           |
| Situation to be announced            | When there is a risk of health damage due to heat stroke                                                                                                                            | When there is a risk of serious health damage due to heat stroke                                                                                                                            |
| Response at the time of announcement | Schools will not temporarily closed. However, for non-athletic activities, we will consider changes to the location or content, as well as possible cancellations or postponements. | The day after the announcement, all public elementary and junior high schools in the city will be temporarily closed.                                                                       |



## Heat stroke prevention

- Stay hydrated
- Use an parasol or hat
- Take advantage of the shade
- Wear cooling clothes
- Take frequent breaks



Using a parasol will help to reduce the amount of sweat and lower the heat index.



- Lead a disciplined life and maintain good physical condition
  - Get enough sleep
  - Make sure you eat breakfast.
  - Stay hydrated before going out.



Make sure to go to bed early, get up early, and have breakfast to build a body that can withstand the heat.

## <About effective hydration>

To prevent heat stroke, it is important to replace the water lost through sweat. If you go outside, make sure to bring water or tea with you to stay hydrated at all times. Oral rehydration solution is especially effective when exercising in hot weather. (Oral rehydration solution can be made at home)

### How to make oral rehydration solution

Water (1ℓ), salt (3g), sugar (40g)

※You may want to add lemon juice to adjust the taste.

※Make sure to drink it all within the same day.



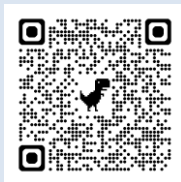
We kindly ask for your cooperation in helping prevent heatstroke during school activities by monitoring your child's health daily at home, ensuring they bring a water bottle, and preparing cooling clothes.

# We will take measures like this at elementary and junior high schools!

In March 2019, the Yokkaichi City Board of Education formulated the “Manual for Preventing Heat Stroke in Schools”, which provides guidelines to help teachers and staff have accurate knowledge about heat stroke and take appropriate preventive measures and prompt responses.

★You can view it from here★

「Manual for Heat Stroke Prevention at Schools」



## If a Special Heat Stroke Alert is issued,

**all public elementary and junior high schools in the city will be temporarily closed on the following day.**

- A Special Heatstroke Alert will be issued at around 2pm the day before.
- Notifications of temporary school closures will be posted by the city's Board of Education on Home&School.

**We will take into account environmental conditions such as temperature and humidity and make decisions such as “discontinuing exercise”, etc.**

- Each school is equipped with a heat stroke meter (WBGT meter), and the WBGT value (※) within the school is regularly measured.
- We will carry out activities at school based on the response guidelines in the manual.

**If the WBGT value is 31 or higher, “exercise” such as physical education and club activities will be canceled.**

※WBGT value is so-called heat index which incorporates the elements of temperature, humidity, solar radiation, radiation, and wind.

## Stay hydrated frequently

- During hot weather, each person should have free access to hydration as needed.
- During hot weather, please bring a water bottle with you every day so you can stay hydrated at all times.  
(There are individual differences, but depending on the amount of exercise you may need 2 to 4 liters of water.)
- Tell students that tap water at school is drinkable.



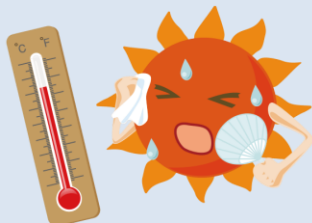
**In rooms without air conditioning, provide sufficient ventilation. When staying outdoors, try to lower the temperature.**

- In un-air-conditioned areas such as gymnasiums, ensure adequate ventilation by opening windows and using fans.
- When doing outdoor activities, use tents, sprinklers, etc.
- Use air conditioning to cool down after coming to school or physical education.

**We will conduct frequent health checks and pay attention to the health of students.**

- In addition to conducting health checks every morning, we also closely monitor the health status of students.
- If students feel unwell, we will instruct them to inform to teachers as soon as possible without overexerting themselves. Please instruct them so at home as well.

【Reference】 • Fire Department pamphlet “Let’s prevent heat stroke and have a healthy summer!”  
• Ministry of the Environment pamphlet “Heat stroke - Did you know?  
Prevention and Treatment methods”



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