

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.

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 **Ambulance-call**



Things needed at the doctor:

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



Cash/credit card

Current medication
and schedule

