

# **Public Information Ichihara**

**No.1514 June 15<sup>th</sup> 2018**

**Translated by**

**Ichihara International Association**

**Tel (23)9826**

## **Heatstroke**

The occurrence of heat strokes peaks in July and August

Learn about heatstroke

Heatstroke is a generic term of various symptoms producing by

How to prevent heatstroke

It's important to hydrate yourself and escape from the heat.

Always be conscious of the followings

- Take meals considered nutrient balance.
- Get enough sleep.
- Drink water often even when you don't feel thirsty. (Alcohol doesn't work.)
- Take a break moderately.

### **CAUTION!**

#### **When does it tend to cause heatstroke?**

- ☀️ A day with temperature higher than 28 degrees and humidity higher than 70 %
- ☀️ A day suddenly getting hot
- ☀️ A day with little breeze
- ☀️ A day after a hot night

Prevention measure adapting to the situation

Take prevention measure of heatstroke adapting to the situation.

When going out

- Wear breathing clothing and prevent sunlight with sunshade or hat.
- Find shade or building with air-conditioned.

When sport watching

- Take a break and drink water often, since it tends to cause heatstroke when shutting aloud or standing for a long time.

When exercising

- Don't over exercise.
- Have sport drink containing salt, when sweating a lot.
- Take a rest when a bad condition.

When staying inside the room

- Use air conditioner or fan not to exceed 28 degrees in a room.

Even in the same situation, children and elderly people tend to get heatstroke.

Children and elderly people to prevent heatstroke

Children

Thermoregulation is premature, and children tend to get heatstroke.

Also, children cannot communicate well, and surrounding people cannot notice.

- Take a rest and have a drink when playing.
- Wear breathing clothing and hat.
- NOT to leave children in a car even a short time.

Elderly people

Body function lowering body temperature is less reactive, and elderly people tend to get heatstroke even inside the room.

- Check room temperature frequently.
- Drink water often even when you don't get thirsty.
- Ask somebody to be with you when you feel sick.

Call ambulance for severe disease

If you or somebody had the following symptoms, don't hesitate to call

ambulance.

- Cannot drink water by oneself.
- Cannot move because of strong feeling of tiredness and weakness.
- Unconscious
- Have convulsions over the entire body

Pay attention to people around you

It is important to pay attention to people around you, to prevent from heatstroke.

For more information, call 23-1187 Hoken Center, or 22-8117 Fire Suppression & Ambulance Service Division

### **Swimming pools at Rinkai, Anesaki, and Yawata**

**Opening period:** July 1<sup>st</sup> (Sun) - September 2<sup>nd</sup> (Sun)

**Opening time:** 9:00 am - 4:45 pm (Entrance is available until 4:00 pm)

**Holiday at Rinkai Swimming Pool:** August 14<sup>th</sup> (Tue). Close at 3:00 pm on August 13<sup>th</sup> (Mon)

**Note:** 3<sup>rd</sup> grade of elementary school children or younger need to be accompanied by their guardians who are 20 years old or older.

**Fee:**

Individuals	General	390 yen
	High School students	190 yen
	Junior High School students or younger	Free

**For more information, call 23-7015 Sports Promotion Division, or the following swimming pool offices.**

**Yawata swimming pool 43-2368**

**Rinkai swimming pool 21-4443**

**Anesaki swimming pool 61-1828**

Splash pad in Kazusa Sarashina Koen Park to be Opened

Open period: July 1<sup>st</sup> (Sun) - September 2<sup>nd</sup> (Sun)

Open time: 9:00 am – 5:00 pm

Note: Close in rainy weather. Children with pampers cannot play in the water.

Pets cannot play in the water. Children must be accompanied by guardians.

For more information, call 20-3555 Kazusa Sarashina Koen Park, or  
23-9842 Parks and Greens Division

#### Temporary Closure of facilities

Facility	Closed day
(1)Ikoi no ie (Community house)	June 19 <sup>th</sup> (Tue)
(2)ZA Martial Arts Hall	June 19 <sup>th</sup> (Tue) – 20 <sup>th</sup> (Wed)
(3)Gateball field	
(4)Ichihara Spo Rec Park	June 26 <sup>th</sup> (Tue) – 27 <sup>th</sup> (Wed)
(5)Sun Plaza Ichihara	July 7 <sup>th</sup> (Sat)
(6)Heated swimming pool 'WAVE' (in Sun Plaza Ichihara)	July 9 <sup>th</sup> (Mon) – 31 <sup>st</sup> (Tue) Shut down in a long term for cleaning and air conditioning equipment construction
(7)Fitness gym (in Sun Plaza Ichihara)	July 17 <sup>th</sup> (Tue) – 21 <sup>st</sup> (Sat)

For more information, call the following places.

36-2619 Ikoi no ie, or 36-1185 Fukumasu Clean Center for (1)

41-9825 ZA Martial Arts Hall, or 23-7015 Sports Promotion Division for (2)

41-9825 ZAZA Martial Arts Hall, or 23-9814 Support for Senior Citizens' Division for (3)

41-3115 Ichihara Spo Rec Park, or 23-7015 Sports Promotion Division for (4)

24-1151 Sun Plaza Ichihara, or 23-9801 Citizens Affairs Support Division for (5)  
– (7)

#### Body Care & Fitness Class after delivery

**Date:** July 18<sup>th</sup> (Wed) and 25<sup>th</sup> (Wed), from 9:30 am to noon (2 times for all)

**Place:** Hoken Center (Ichihara Municipal Health Center)

**Content:** Balance Ball exercise, Self-care, etc.

**Eligible and number of attendees:** 14 pairs of mother and a child who was

born in April 2018. Drawing will be held in case of many applications.

**Fee:** 500 yen.

**How to apply:** Call 23-1215 Childrearing Neuvola (Advice) Center at Hoken Center (Ichihara Municipal Health Center) by June 29<sup>th</sup> (Fri).

**Note:** Sibling of a baby is not allowed to be accompanied. Those who have limitation of movement or are pregnant cannot attend. Those who receive treatment need to get permission from the doctor.

**For more information, call 23-1215 Childrearing Neuvola (Advice) Center at Hoken**

### **Vaccination for Japanese Encephalitis**

Virus of Japanese Encephalitis is spread among people via mosquito. Get vaccination before mosquitos spread to our place.

**Eligibility:** See below.

**Fee:** Free

		Target age	Standard age to vaccinate	Number to vaccinate	Interval between vaccinations
1 <sup>st</sup> stage	First time	Older than 6 months old and younger than 90 months old	3 years old	Twice	1 - 4 weeks
	Additional		4 years old	Once	About 1 year
2 <sup>nd</sup> stage		Older than 9 years old and younger than 13 years old	4 <sup>th</sup> grade of elementary school	Once	About 5 years

\*9 - 19 years old people who didn't get vaccination because of refraining from vaccination from 2005 can get vaccination for free of charge.

**For more information, call 23-1187 Hoken Center**