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**

**Ambulance-call**

**Things needed at the doctor:**
- Passport
- Cash/credit card
- Details of current medication
- Health insurance card (if applicable)