

# *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**



Cash/credit card

## Things needed at the doctor:

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

Current medication and schedule

