

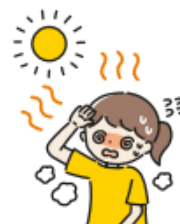
## 外国人の皆さんへ For Foreign Residents

### = 熱中症に注意しましょう =

熱中症は早めの対策をとることで予防できます。暑い日は無理せず、エアコンや扇風機を上手に使い、小まめに水分をとりましょう。

#### こんな日は熱中症に注意

- 気温が高い、湿度が高い、急に暑くなった日
- 熱中症警戒アラートが発表された日



#### 熱中症の応急処置

- エアコンが効いている室内や風通しのよい日陰など、涼しい場所へ避難させる
- 衣服を緩め、体を冷やす(首の周り、脇の下、足の付け根など)
- 水分、塩分を補給する

自力で水が飲めない、意識がない場合はすぐに救急車を呼びましょう。

● 問い合わせ先：企画政策課 電話：33-4068  
メール：kikakuka@city.inzai.chiba.jp

### = Be aware of Heat Stroke =

Heat stroke can be prevented if each person takes precautions early. On hot days, take it easy, use air conditioners and fans, and drink water frequently.

#### Beware of Heat Stroke on days like these:

- When the temperature and humidity are high, or there is a sudden rise in heat
- When a heat stroke alert has been issued

#### First aid for Heat Stroke

- Move the person to a cool place, such as an air-conditioned room or a shaded.
- Loosen clothing and cool the body, especially around the neck, underarms, and the base of the legs.
- Rehydrate with water and salt.

If the person is unconscious or unable to drink water, call an ambulance immediately.

● Inquiry: Planning and Policy Division (Kikaku-Seisaku-ka) TEL: 33-4068  
Email: kikakuka@city.inzai.chiba.jp



▲Ministry of the Environment  
(Heat Stroke Prevention Information Site)