

Hello, everyone. Today, we will discuss heatstroke and food poisoning, two serious health issues you should watch out for during this hot summer season.

Heatstroke occurs when your body stops functioning well due to excessive heat. On a hot day, if you are feeling dizzy, sweating excessively, experiencing body or headaches, feeling fatigued, etc., you may be experiencing heatstroke.

Heatstroke can occur even when you are in your home. Children, the elderly, and those with chronic illnesses must take special care to avoid getting heatstroke.

It is important to drink lots of water and avoid the heat in order to not get heatstroke.

Even if you're not feeling thirsty, please drink small amounts of water often throughout the day. Adults should be drinking about 1.2 L or more of water every day. When exercising or during times when you may sweat excessively, please drink a sports drink with electrolytes.

Wear clothes that are thin and light which allow cool air to flow through them. At home, cool your rooms by using fans or an air conditioner. Try to avoid going outside during the hottest times of the day. Use an umbrella or wear a hat to block your body from the sun's rays. When you are feeling unwell, please don't push yourself and make sure to rest.

If you think you might be experiencing heatstroke, please go somewhere shaded and cool. If you can, remove your clothes and cool your body with water, air, or ice and drink plenty of water. If you are having trouble drinking water by yourself, or are not responding to surrounding stimuli like someone calling out to you, please call an ambulance immediately.

Food poisoning occurs when you eat or drink something that has harmful bacteria or viruses in it, and can result in vomiting or stomach pains. Bacteria in food multiplies at a greater rate during the hot summer season, so please be careful.

When you purchase refrigerated food, put it in the fridge as soon as you can. Wash your hands thoroughly before and after cooking. Wash any cooking tools with soap and rinse them, before drying them completely. Afterwards, disinfecting with a bleaching agent or boiling water will ensure better results.

Heat foods thoroughly, especially meat. Eat pre-cooked meals and bento quickly after purchasing them. Meals that you made and put in the fridge to eat later should be thrown out if too much time has passed. If you think you may have food poisoning, consult a medical institution before anything else.

わかお別れに英語のきょく曲をお贈りおくいたします。「Lizzo」の「Juice」という曲です。お聴ききください。