

Stay Cool & Safe: How to Prevent Heatstroke and Find Cooling Spaces

Summer is coming to Japan, and it will get very hot.

Please be careful not to get heatstroke.

Heatstroke occurs when you feel sick or get a headache as a result of the heat.

Drink water often. It is also important to rest in a cool place.

When you are outside and it is very hot,
you can rest in buildings or shops with the sign
on the right. It is free (0 yen).

*You cannot enter when the shops or facilities
are closed.



For more information, please see the city

website below:

<https://www.city.kokubunji.tokyo.jp/kenkou-fukushi/koureishien/1011722/1013623.html>

- You can translate the website into other languages by clicking the "Web Translation" tab at the top of the page.
- On smartphones, tap "Search" (探す) at the bottom left of the screen, then choose "Web Translation."

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