

Prepare for heat-related illnesses and have a healthy summer

Due to infants and young children's delicate skin, they can easily suffer burns if exposed to prolonged heat. Additionally, while their high metabolism allows them to absorb heat efficiently, their ability to regulate body temperature is inferior to that of adults; consequently, they sweat profusely even in slightly warmer weather, making them highly susceptible to dehydration. Furthermore, since infants and young children have difficulty identifying and expressing sensations such as heat or thirst on their own, it is crucial for caregivers to carefully observe their condition. Please refer to the information below to ensure a healthy summer for your entire family.

What is heat illness?

Conditions that occur from prolonged exposure to high heat (heatstroke, heat exhaustion, heat cramps, heat syncope, heat edema, heat rash, etc.)

What are the symptoms of heat illness?

Headache, dizziness, muscle cramps, fatigue, decreased consciousness, etc.

*Caution: Failure to prevent this may be life-threatening.

Here's how to perform first aid for heat-related illnesses!

If conscious	If unconscious
move to a cool place	call 119 ambulance
▼	▼
loosen the clothes and keep the body cool	move to a cool place
▼	▼
hydration	loosen the clothes and keep the body cool
▼	▼
If it does not improve, request 119 emergency services	transport to hospital

Health tips for summer!!



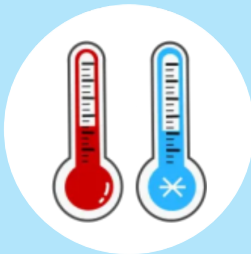
Stay cool
-Shower often
-Wear light and bright colored clothes
-blocking out sunlight when going out



Drink water often
Even if you are not thirsty
Drink water regularly



Avoid activity during the hottest hours of the day, 12PM to 5PM
-Stay in a cool place



Check the temperature everyday
-Temperature, heat wave warning, etc.
-Check weather condition regularly

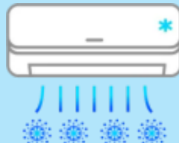
The 3 Basic Principles of Ventilation!



At least 3 times a day (10minutes) or more, open the window to ventilate



Even if cross-ventilation occurs, Open multiple rock door and windows at the same time



Ventilate even while cooling (more than 10minutes every 2hours)