



Enjoy Summer Safely!

Summer has arrived in Okinawa!

It is getting hotter and maybe you will be going outdoors for diving, outdoor activities, BBQ...

Before having fun, let's check some safety tips to enjoy the beautiful summer



Heat illness

- Heat illness is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature
- It can lead to death
- Proper first aid can save the lives of heat stroke victims.



Heat illness-Prevention

- Drink plenty of fluids
- Limit time spent swimming when the sun is high
- Use a hat or parasol, try to be in the shade
- Be careful when the temperature rises rapidly
- Stay out of the heat, wear open-necked clothing
- Sleep well and do not drink alcohol on the day before you go out
- When playing sports or participating in outdoor activities, take plenty of fluids including sports drinks, but not caffeine or carbonated beverages



Heat illness-Severity indicator

Severity level 1

Dizziness, Feeling lightheaded, Muscle cramps...etc

Severity level 2

Headache, Nausea, Weakness...etc

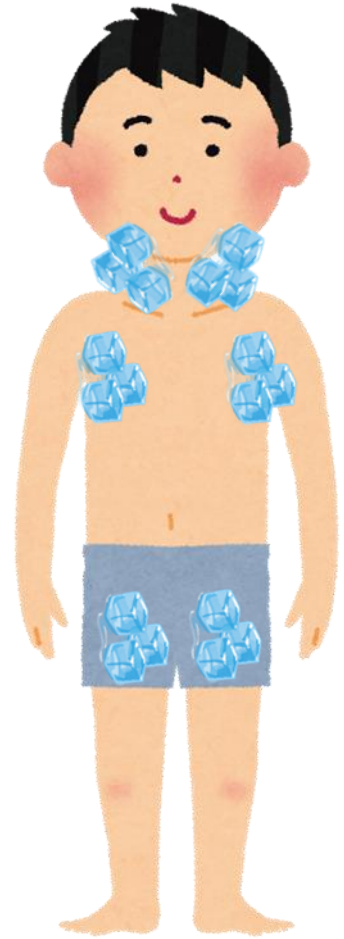
Severity level 3

Unconsciousness, Fainting, Convulsion, Altered mental status, Cannot walk straight, High body temperature...etc



Heat illness –Onsite First Aid

1. Move to a cool place
2. Loosen clothing and cool off neck, armpit and/or groin
3. Lie down and elevate legs
4. Consume sports drinks or water + salts if possible
5. Call 119 for an ambulance if not fully conscious/unable to drink fluids



Location of Icing
Neck ▪ Armpit ▪ Groin

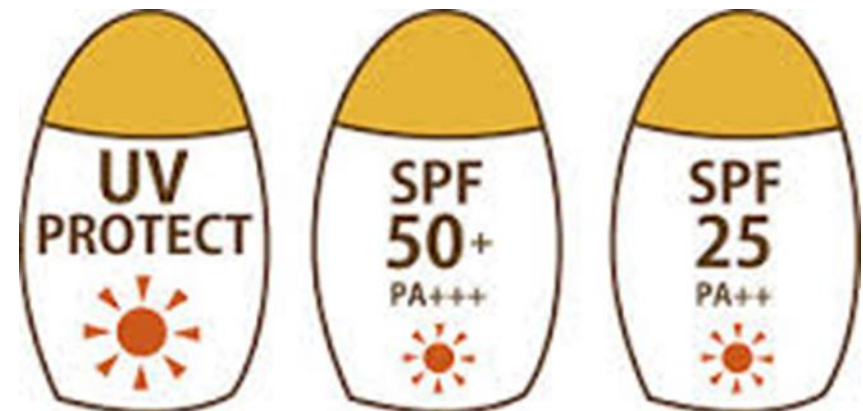
Sun Burn

- The ultraviolet rays in Okinawa are much stronger than in other regions
- Severe sunburn causes fever, blistering and pain
- To avoid damaging your health, take precautions against ultraviolet rays



Sun Burn-Prevention

- Use sunscreen with SPF 30 or higher when doing outside activities
 - Apply 15-30 minutes before going outside
 - After swimming or sweating, reapplication is needed
- Use a hat or parasol
- Wear sunglasses
- Cover up with clothing



What to do after being sunburned

- Apply lotion on the burned area and drink plenty of fluids to keep yourself moisturized
- Cool pads and/or aloe vera-based gels may be used for the relief of skin discomfort
- If blisters appear or pain is severe, consult a dermatologist
- Vitamin A, C and E may help damaged skin recover

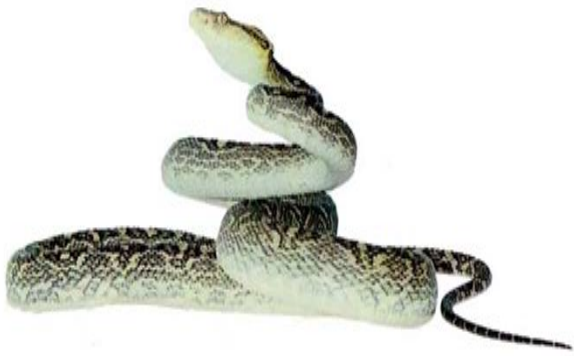


Habu (Venomous Snake)

- Habu are more active from April to November; however, it does not hibernate and is active most of the year
- It is nocturnal and during the daytime it hides in walls, caves and thickets

☆ Learn more?

Please check Health Center 's website [HERE](#)



Habu



Hime-Habu



Sakishima-Habu



Taiwan-Habu

Habu bite-Onsite First Aid

- 1) Do not move vigorously and keep calm and call 119 for an ambulance
- 2) Even if you cannot speak Japanese, call loudly for help and ask someone to call an ambulance or call helpline
- 3) If it is difficult to get to a hospital soon, in order to slow venom spread, apply a pressure bandage around the entire length of the bitten extremity. Wrap towards the body. The bandage should be tight, but you should be able to slip a finger under it



Dangerous Sea Creatures

- The beautiful coral reefs are home to many types of animals and some of them are poisonous
- You may step on a sea urchin or coral...etc and get injured

Do not walk barefoot!

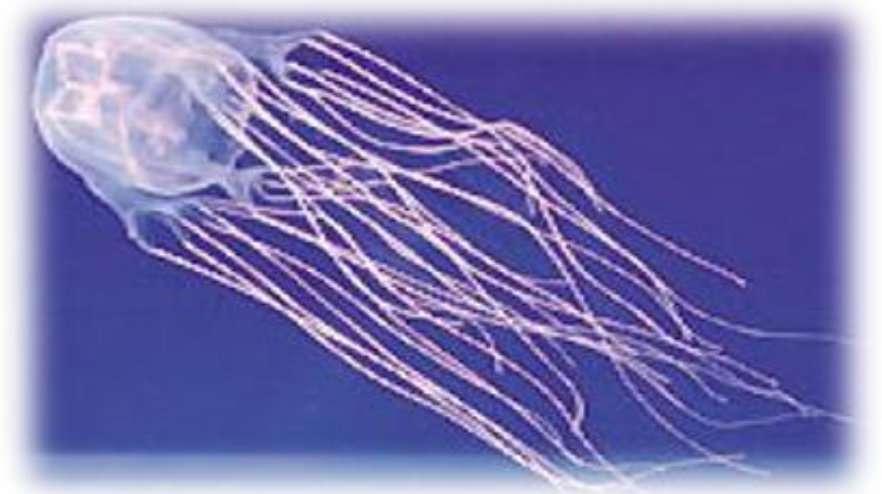


Box Jellyfish (Habu Kurage)

- There were 254 incidents of people being stung or bitten by dangerous sea creatures in 2016. 154 incidents of them (57%) were caused by box jelly fish
- Jellyfish occur from May to October. It can be found in water of only 50 cm in depth. Their stings are very painful and can cause [fatal injury](#)

Prevention

- Swim inside jellyfish net
- Cover your skin with rash guard
- Bring a bottle of vinegar with you



Stay away and avoid touching unknown creatures!

Box Jellyfish (Habu kurage)-Onsite First Aid

- 1) Get out of the sea right away; do not rub your wound!
- 2) Pour plenty of vinegar on the affected area
(Vinegar is only effective for box jellyfish stings)
- 3) Gently remove the tentacles by hands
- 4) If it hurts, apply ice or cold water and go to a hospital



☆ If the victim stops breathing... **Call 119 and start performing CPR!!!**



Other Dangerous Sea Creatures

Stonefish (Onidaruma okoze)



Seaurchin (Uni)



Stripe cat fish eel (Gonzui)



Onset First Aid

- Remove any large, visible spines and bath in 40 to 45 °C water
- You can also put hot water in a plastic bag and apply it to the affected area

Other Dangerous Sea Creatures

Geography Cone/Killer cone snail (Anboinagai)



Looks like a beautiful cone snail
but it has a poisonous spine

Onsite First Aid

Squeeze out the poison and call 119 for an ambulance

☆ More information on dangerous sea creatures...Click [HERE](#)

Food Poisoning

- Due to the high humidity and high temperature, food goes off very easily in Okinawa

Prevention

- ☆ Keep all food in a fridge
- ☆ Pre-cooked food such as bento-box, sandwiches should be eaten straight away



Be Careful with Mosquitos

- Mosquitos become active in summer and they carry infectious diseases
- Tiger mosquito which is one of the main type of mosquito in Japan carry virus of dengue fever and Zika virus. The another type of mosquito called *Culex tritaeniorhynchus* carry Japanese Encephalitis virus



Aedes Albopictus/Tiger Mosquito



Culex tritaeniorhynchus

Be Careful with Mosquitos

- Japanese Encephalitis

Fever, headache, vomiting, confusion, difficulty moving, seizures...etc

Recently very few people develop JE in Japan

JE virus is transmitted to human by a mosquito from an infected pig

Fatal but vaccine is available at a local clinic (3 shots in total to get immunity)

- Zika Virus

Fever, rash, joint pain, red eyes, may cause microcephaly to a fetus...etc

Epidemic happened mainly in South America

No vaccine available yet and may spread to Japan by tourists

- Dengue Fever

Fever, headache, muscle pain...etc

An epidemic occurred in Japan recently

A severe case can be fatal



How to Protect Yourself from Mosquitos

- Mosquito coils (Katori-Senko)
- Insect repellent (Mushi-yoke spray)
- Cover exposed skin by wearing long sleeved shirts, long pants and hats
- Use a mosquito net if the area where you sleep is exposed to outdoors
- Avoid having open water areas around the house such as paddles, open water tanks, old tires...etc



Emergency Contact

- Ambulance: **Call 119** (Multilingual assistance is available)
- Marine accident: **Call 118** (English speaker is available)
- OIST Help Line : **Call 098-966-8989**
- OIST Health Center (9:30-17:00/Weekdays): Call 098-966-8945

Stay safe and have a great summer!

