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○ じゅぎよう がある ひ

× じゅぎよう がない ひ

2024 4 April	2024 5 May	2024 6 June
2024 7 July	2024 8 August	2024 9 September
2024 10 October	2024 11 November	2024 12 December
2025 1 January	2025 2 February	2025 3 March

Sunday

AM10:00~AM11:45



Shiojiri
Sogo Bunka center
2F No.204

ようこそ」 Newsletter No.9 (.2024)

Shiojiri City Civic and Regional Affairs Department,
Municipal Division, Life Consultation Section,
Foreign Residents Consultation Desk

3-3 Daimon Nanabancho, Shiojiri City Nagano
〒399-0786
☎ (0263)52-0280 (extension 1195)



Shiojiri City Foreign Residents
Consultation Desk Newsletter

ようこそ

No. 9

「Cooling Shelters」



[Cooling Shelters] are
“Designated Heat Evacuation Facilities”, which means
Places where you can take a rest to prevent heatstroke.
Air conditioned places where you can sit and rest.

Shiojiri City provides cooling shelters.





What is a Heat Stroke Alert?



“Heat Stroke Alert” is information that calls attention to dangerous heat and encourages people to take actions to prevent heatstroke. The Heat Stroke Alert is issued by the Ministry of the Environment and the Japan Meteorological Agency .

Heatstroke is a disease that makes you feel sick because you have a fever or get dehydrated in a very hot weather.

When the Heat Stroke Alert is issued

- ◎ Protect yourself from the heat.
- ◎ Avoid going out as much as possible and keep the room cool with an air conditioner and the like.
- ◎ In addition, take frequent breaks, hydrate, and replenish salt.



- ◎ Avoid exercising as a general rule. Check **the heat index** in your immediate surroundings and take action to prevent heat illness.



※ What is the heat index (WBGT) ?

The heat index (WBGT) helps prevent heat stroke by taking into account not only temperature but also humidity and sunlight. Please refer to not only the maximum temperature but also the heat index to prevent heatstroke.

Check out

The **heatstroke prevention information** site →

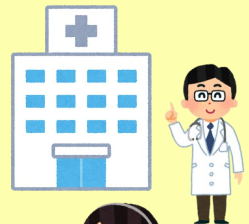


Guideline about WBGT (Wet Bulb Globe Temperature)

Air temperature	Heat index (WBGT)	Guides to how much exercise can be safely performed
Over 35 °C	31 or more	Danger (exercise prohibited)
31 - 35 °C	28 - 31	Severe Warning (heavy exercise prohibited)
28 - 31 °C	25 - 28	Warning (rests should be provided often)
24 - 28 °C	21 - 25	Caution (water should be)
Below 24 °C	less than 21	Almost safe (appropriate water)

Nagano Prefecture Medical Interpretation Call Center

TEL 092-286-7448



When you talk to the doctor in the hospital .

When you're not feeling well
and want to call the hospital.



No reservation required

**The interpretation service is free,
but there will be a charge for the call.**

**24hours
(anytime)
22 languages**