

Tips for living

Sei katsu no Hi n to
生活のヒント

1

Useful Japanese to know

Kuu ri n gu she ru ta
クーリングシェルター

necchuusho
熱中症

Katto
UVカット

Shi gai sen
紫外線

Hi gasa
日傘

Hi ya ke do me
日焼け止め

Sei u ken you
晴雨兼用



Nagano Prefecture has strong ultraviolet rays



Nagano Prefecture is at a high altitude and the air is thin, making it easier for ultraviolet rays to reach the ground. In Japan, Tokyo Bay is 0 meters above sea level.

Shiojiri City has many sunny days throughout the year and the sun is out for long periods of time, which means you are exposed to

ultraviolet rays for long periods of time. The sun's rays are particularly strong in the summer, so be sure to protect your skin from sunburn. Sunburn occurs when ultraviolet rays hit the skin, causing it to turn red and hot. Too much sun exposure is bad for your skin. In addition, the risk of heatstroke is high in the summer, so it is important to take measures to cope with the heat, such as drinking water and resting in cool places. We will introduce what you can do to protect your skin and information about heatstroke, along with an explanation of "useful Japanese to know."

shigaisen

紫外線 (**UV** : It means **U**ltrav**i**olet Rays in English)

This is light emitted from the sun. Ultraviolet(UV) rays cannot be seen by the human eye. If you are exposed to UV rays for a long time, you will get sunburned, which is not good for your skin.

The skin may darken and become wrinkled.

Ultraviolet rays reach the earth all year round as long as the sun is out. It is particularly strong in the summer, so please be careful.

To avoid sunburn, wear UV-blocking clothing, hats, and cosmetics.



cut

UVカット (UV-blocking)

It's a function that blocks ultraviolet rays and prevents their harmful effects on the skin and eyes.

Hi ya ke do me

日焼け止め

This is a cream that prevents sunburn. There are many different types of sunscreen available, including creams and sprays. It's a good idea to apply sunscreen to your face, neck, and arms.

Hi gasa

日傘

This is an umbrella that protects you from the sun. There are also parasols that block UV rays. There are also umbrellas that can be used on both sunny and rainy days,



called 晴雨兼用 umbrellas.

Sei u ken you

UV-blocking sunglasses,

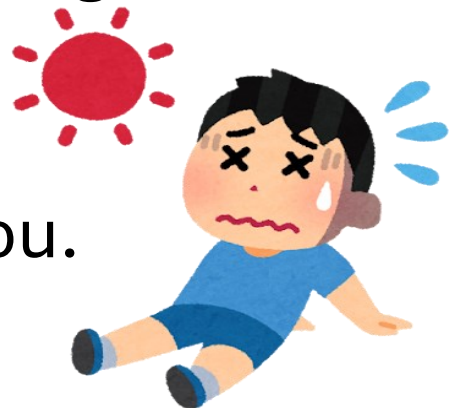
glasses,

contact lenses

UVカットサングラス、メガネ、コンタクトレンズ

UV rays are also bad for your eyes. It's important to protect your eyes as well as your skin when it comes to UV protection.

Protect your eyes from UV rays with UV-blocking sunglasses, glasses, or contact lenses. There are many things you can do to protect your skin from sunburn and UV rays. Choose the method that works best for you.



necchuushou

熱中症

Heatstroke is a disease in which the body's thermoregulation function does not work properly in a hot and humid environment, causing heat to build up inside the body and causing various symptoms. It can occur both outdoors and indoors, and in some cases can be life-threatening.

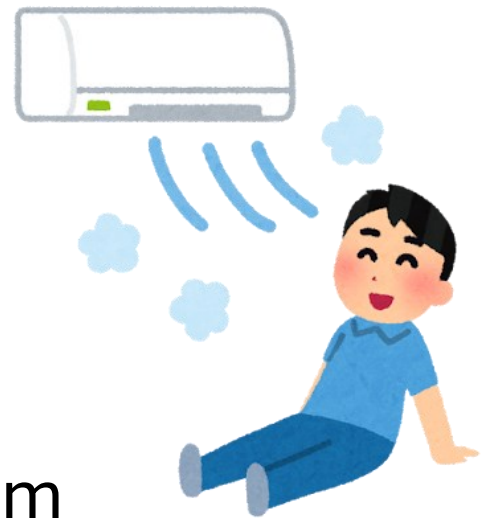
Things to be careful of to avoid heatstroke

- Drink water several times a day.
- Since you sweat a lot, you need to get salt from food and drinks.
- Wear cool, easy-to-move-in clothes.
- Wear clothes that dry quickly even if you sweat.



Things to be careful of outside

- When you go out, you use a hat or a parasol.
- Try to walk in cool, shady areas.
- Occasionally I rest in the cool shade.
- You should try to go out when it's cooler as possible.



Things to be careful of at home

- Use an air conditioner or a fan to cool the room
- Use curtains or blinds to block sunlight from entering the room.



Cooling Shelter



[There's air conditioning.] [You can sit down and rest.]

It is a place where you can take a rest to prevent heatstroke.



**Shiojiri City provides
cooling shelters**

