






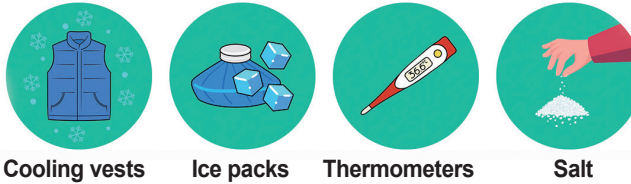


Heat-related illnesses and their management

Diseases	Symptoms	Management
 Heatstroke	<ul style="list-style-type: none"> High fever (>40°C) Dry and hot skin May lead to loss of consciousness ※ Inadequate prompt treatment can result in death 	<ul style="list-style-type: none"> Call 119 (emergency services) Move to a cool place Lower body temperature ※ Do not consume fluids if unconscious
 Heat exhaustion	<ul style="list-style-type: none"> Profuse sweating (≤40°C) Weakness and extreme fatigue Pallor, muscle cramps 	<ul style="list-style-type: none"> Move to a cool place Rehydrate Shower with cool water
 Heat cramps	<ul style="list-style-type: none"> Muscle cramps 	<ul style="list-style-type: none"> Move to a cool place Rehydrate Muscle massage
 Heat syncope	<ul style="list-style-type: none"> Dizziness Temporary loss of consciousness 	<ul style="list-style-type: none"> Move to a cool place (elevate legs higher than head) If able to communicate, consume fluids
 Heat edema	<ul style="list-style-type: none"> Swelling of hands, feet, or ankles 	<ul style="list-style-type: none"> Move to a cool place (elevate swollen area higher than heart)
 Heat rash (Prickly heat)	<ul style="list-style-type: none"> Multiple red pimples or blisters 	<ul style="list-style-type: none"> Keep affected area cool and dry Use rash ointment, if needed
 Sunburn	<ul style="list-style-type: none"> Red and burning skin Skin blisters 	<ul style="list-style-type: none"> Apply a cool, damp cloth or take a cold bath for sunburn Use moisturizing cream Do not puncture blisters

119 Heatwave Response Team

119 Heatwave Response Team Things you need to know!



Cooling vests Ice packs Thermometers Salt

- Within the 119 Heatwave Response Team, there are **nine types of heatwave response equipment available**, including cooling vests, ice packs, thermometers, oral rehydration solution, salt, water spray, and more.
- The response team and ambulance crew have **received theoretical and practical training** to enhance their emergency response capabilities.
- To lower elevated body temperatures, the **air conditioning performance of 119 response vehicles** has been checked.
- Continuous monitoring of weather information, including heatwave warnings, allows for **flexible loading and storage of the necessary items**.



Please note that these action guidelines are based on general situations for each disaster type and may vary in specific circumstances.

Safety is enhanced when following these guidelines together with others.

Citizens' Action Guidelines by Disaster Type

Heatwave (Heatstroke)



Incident Cases

• Construction Site Worker Dies of Heatstroke

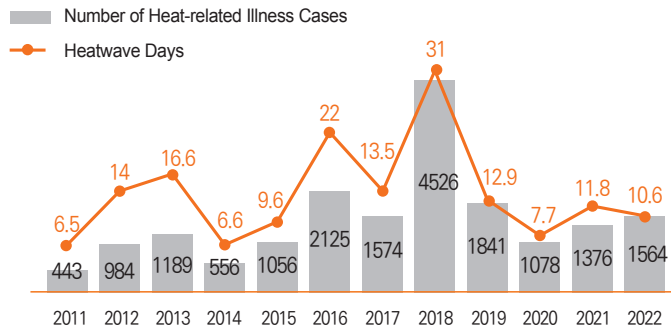
Date	July 15, 2022, around 4:00 PM
Casualties	A worker in his 50s died
Incident Summary	Suffered cardiac arrest during a break after work

• Elderly Individual Suffers Heat Exhaustion and High Fever While Working in a Field

Date	July 3, 2022, around 1:00 PM
Casualties	An elderly person in his 80s was transported to the hospital
Incident Overview	Heat exhaustion occurred after working continuously in the field for over two hours

Current Status and Major Causes

Nationwide Heatwave Days and Heat-related Illnesses (Last 10 Years, 2011-2022)



• In 2022, out of 1,564 heat-related illness cases, 22% (353 cases) occurred in Gyeonggi Province.

Major Causes of Heat-related Illness

- Prolonged exposure to high temperatures and increased body temperature due to physical activities (exercise, outdoor work, etc.) during heatwaves.
- Prolonged exposure in environments with poor ventilation and no air conditioning (such as plastic greenhouses and vehicles) during heatwaves.

Heatwave Classification and Criteria

Classification	Criteria
Heatwave Advisory	When the daily highest apparent temperature is expected to be 33°C or higher for two or more consecutive days.
Heatwave Warning	When the daily highest apparent temperature is expected to be 35°C or higher for two or more consecutive days.

High-Risk Groups and Risky Locations During a Heatwave

High-Risk Groups



Elderly individuals and seniors living alone



Outdoor workers



Individuals with chronic illnesses



Children

Risky Locations



Fields



Outdoor workplaces



Inside vehicles

Citizen Guidelines During a Heatwave



1. **Continuously monitor hot weather conditions** through **TV, the internet, radio,** and other sources.



2. **Drink plenty of water** rather than alcohol or caffeinated beverages.



3. **Avoid outdoor activities or work** during the hottest hours, typically from **2 PM to 5 PM.**



4. When using cooling devices, **maintain an indoor-outdoor temperature difference of around 5°C to prevent air conditioning sickness.**
 ※ Recommended indoor temperature during the summer: 26~28°C



5. If you experience symptoms like **dizziness, nausea, or headaches,** **take a break in a cool place.**



6. **Ventilate** enclosed spaces like **barns or plastic greenhouses** and **use water to lower the temperature.**



7. For the safety of **children and the elderly,** **check on their well-being regularly.**