

## Heat Illness Related Information

Do you have any plans to visit Japan ?

Japan's climate is not uniform as its landmass stretches far to the north and south. But generally, the country enjoys the four seasons: spring, summer, autumn and winter.

### • Season in Japan

**Winter** (December-February)

**Spring** (March-May)

**Summer** (June-August)

**Autumn** (September-November)

Generally, the Japanese appreciate the changing of these seasons and like to tune their daily lives to them. However, the summer in Japan is hot and humid which may cause heat illness. For more information, please visit the following links for relevant information provided by the Japanese Government.

### ■ Heat Illness Risk Information (Japan Meteorological Agency)

[https://www.data.jma.go.jp/fcd/yoho/data/kouon/heat\\_illness.html](https://www.data.jma.go.jp/fcd/yoho/data/kouon/heat_illness.html)

#### ● Temperature Forecasts

- Extreme High Temperature Forecasts  
[https://www.data.jma.go.jp/fcd/yoho/data/kouon/index\\_en.html](https://www.data.jma.go.jp/fcd/yoho/data/kouon/index_en.html)
- Daytime High and Early-morning Low Temperature Distribution Forecasts  
[https://www.data.jma.go.jp/fcd/yoho/data/kouon/t\\_maxmin\\_en.html](https://www.data.jma.go.jp/fcd/yoho/data/kouon/t_maxmin_en.html)
- Early Warning Information on Extreme Weather  
<https://www.data.jma.go.jp/gmd/cpd/souten/en/>

#### ● Weather Forecasts

- Daily Forecasts  
<https://www.jma.go.jp/en/yoho/>
- One-week Forecasts  
<https://www.jma.go.jp/en/week/>
- Two-week Temperature Forecast  
<https://www.data.jma.go.jp/gmd/cpd/twoweeek/en/>

#### ● Temperature Observations

- Weather Observations  
<https://www.jma.go.jp/en/amedas/>
- Weather Analysis Map  
[https://www.data.jma.go.jp/obd/bunpu/index\\_en.html](https://www.data.jma.go.jp/obd/bunpu/index_en.html)

### ■ Multilingual Information on Disaster Mitigation (Japan Meteorological Agency)

<https://www.jma.go.jp/jma/kokusai/multi.html>

### ■ Basic information on Safety tips, an app that provides disaster information including heatstroke information to international visitors (Japan Tourism Agency)

<https://www.jnto.go.jp/safety-tips/eng/index.html>

### ■ Heat Illness Prevention Information (Ministry of the Environment)

<http://www.wbgt.env.go.jp/en/>