

# KCDC Advises Caution against Heat-Related Illnesses as Heat Wave Continues

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- According to the Korea Centers for Disease Control and Prevention, a total of 551 cases have been reported through the heat-related illness surveillance system from May 20<sup>th</sup> to July 15 this year, with four deaths. A significant increase in reported cases was seen in the past four days, with 52% of the total cases reported during this time.
- 6,500 cases of heat-related illnesses have been reported over the past five years, with 40% of these cases reported following strenuous outdoor activity, such as farming or fieldwork, during the hours of 12pm-5pm. As such, the KCDC advises individuals to refrain from outdoor activity if possible during heat waves.
- Furthermore, 33% of all cases were reported by individuals who conducted outdoor activities in the morning hours of 9am-12pm and the evening hours of 5pm-9pm. Also, 20% of all cases were reported by individuals who were indoors, either at home or at the workplace. Taking these statistics into consideration, during heat waves, the KCDC urges individuals to monitor their health closely throughout the day, even during the morning and evening hours and even when indoors.

- Heat-related health risks are easily prevented by taking the appropriate precautions. Individuals are advised to stay hydrated, refrain from strenuous physical activity, especially during the hotter times of the day, and to watch out for symptoms of heat-related illnesses.
- During times of extreme heat, it is important to drink fluids regularly to prevent dehydration. If you feel the onset of any related symptoms such as dizziness, headaches, or nausea, immediately stop what you are doing and find a cool place to rest.
- During heat waves, refrain from any outdoor or strenuous physical activity during the hotter hours of the day (12pm–5pm). Individuals who must work outside during these hours are advised to wear wide-brimmed hats and bright, loose-fitting clothing to protect themselves from the heat.