



ほけんだより

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梅雨明けから、日に日に日差しが強くなり、暑い日が続きますね。大人もですが、子ども達は、汗をたくさんかくと、体力を消耗します。暑さで食欲が落ちたり、睡眠不足になると体調を崩しやすくなりますので、しっかりと休息をとり、体調の変化に気をつけて、元気に夏を乗り切りましょう!!



大量に汗をかくと、脱水症状を起こし、熱中症の原因にもなります。こまめな水分補給を心がけましょう。



こまめに汗をふいたり、シャワーを浴びたりして、皮膚を清潔に保ちましょう。

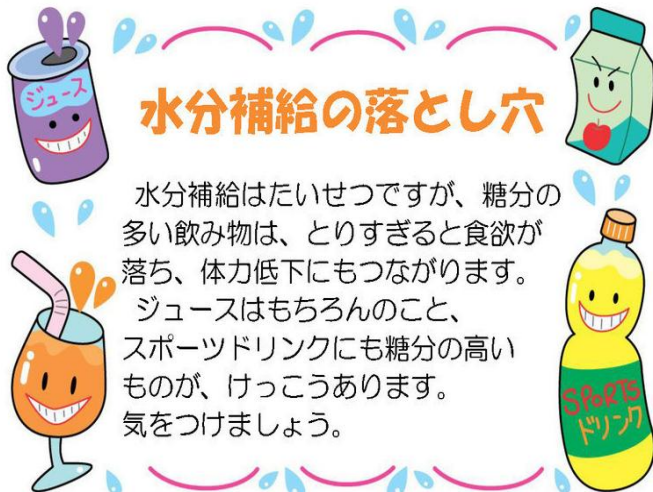


暑い夏を 元気に乗り切るポイント

外出時は帽子をかぶり、日焼け止めを塗るなどの紫外線対策も忘れずに。



高温・多湿など条件がそろえば、室内でも熱中症は起こります。エアコンをしょうずに使いましょう。ただ、冷やしすぎには要注意。設定温度 26~28°Cを目安にしましょう。



水分補給の落とし穴

水分補給はたいせつですが、糖分の多い飲み物は、とりすぎると食欲が落ち、体力低下にもつながります。ジュースはもちろんのこと、スポーツドリンクにも糖分の高いものが、けっこうあります。気をつけましょう。

つめを切って 清潔に



つめが伸びていると、つめと指の間にばい菌が繁殖しやすくなります。

また、乳幼児のやわらかい肌を傷つける危険性もありますので、つめは、こまめに切るようにしましょう。ただし、深づめには要注意! 切りすぎて肌を傷つけ、化膿してしまうこともあります。

気をつけよう! 夏にはやる病気

夏に気をつけたい感染症。代表的な3つについて、主な症状を挙げてみました。気になる症状が見られたら、すぐに病院へ!

ヘルパンギーナ

高熱とのどの痛み。特にのどは、水ほうや潰瘍ができるため、かなり痛む(乳児はミルクが飲めないほど)。



プール熱

(咽頭結膜熱)
高熱とのどの痛みのほか、目の痛み・かゆみ充血など、結膜炎のような症状がでる。



手足口病

手のひらや足の裏、口の中に小さな発しんや水ほうができ、熱が出ることも。





Yomitan Kobato Kindergarten, Oshiro Gakuen School Corporation

Health Newsletter

July 2025

No.4



Since the rainy season ended, the sun has grown stronger by the day, and the hot weather is in full swing. While adults feel the heat, children are especially vulnerable—they sweat more easily and lose energy quickly. When the heat affects their appetite or sleep, it can lead to fatigue or illness.

Let's help children stay healthy and energized by making sure they get enough rest and watching closely for any signs of physical changes or discomfort. Together, let's enjoy a safe and fun summer!



Stay Hydrated Regularly

Sweating causes the body to lose fluids, which can lead to dehydration and heatstroke. Encourage children to drink water frequently throughout the day—even before they feel thirsty.



Keep Skin Clean

Wipe away sweat often and bathe or shower as needed to keep skin clean and avoid irritation or rashes caused by bacteria.

Protect from UV Rays

When going outside, don't forget to wear a hat and apply sunscreen to protect children's skin from sunburn and UV exposure.



Use Air Conditioning Wisely

Even indoors, high temperatures and humidity can cause heatstroke. Use air conditioning effectively, but be careful not to make the room too cold. A comfortable setting is around 26–28°C (78–82°F).

Tips for Beating the Summer Heat

Watch Out: Hidden Pitfalls in Hydration

Staying hydrated is important—but not all drinks are equally helpful. Drinks that contain a lot of sugar, such as juice or some sports drinks, can reduce a child's appetite and lead to lower energy levels.

Even sports drinks marketed as "healthy" may be high in sugar. Water and lightly flavored drinks with minimal sugar are better options for regular hydration. Please check labels and limit sugary drinks.



Keep Fingernails Clean and Trimmed

Long nails can trap dirt and germs, and they can also accidentally scratch a child's sensitive skin. Trim your child's nails regularly to keep them clean and reduce the risk of infection.

Note: Be careful not to cut nails too short, as it can damage the skin and cause painful inflammation.



Summer Illnesses to Be Aware Of

Summer is a season when certain infections spread more easily. Here are three common illnesses to keep an eye on. If your child shows any of the following symptoms, please seek medical advice promptly:

Herpangina

High fever and severe sore throat, often with blisters or ulcers in the mouth. In infants, the pain may make it difficult to drink milk.



Pool Fever

Causes high fever, sore throat, and conjunctivitis-like symptoms such as red, itchy, or painful eyes.



Hand, Foot, and Mouth Disease (HFMD)

High fever and severe sore throat, often with blisters or ulcers in the mouth. In infants, the pain may make it difficult to drink milk.

