

## For safely enjoying the beaches

- 1. Inform your lodging staff where you're going and around what time you'll be returning.
- 2. Refrain from swimming if you're feeling unwell.
- 3. Always swim with 2 people or more for safety.
- 4. Wear rash guards or t-shirts when swimming to protect yourself from UV rays and corals. Gloves are also recommended.
- 5. Always keep an eye on children, even in shallow areas.
- 6. Be careful of waves, swells, and currents. Always check your position in the sea while swimming.
- 7. Stay alert when in the water as sea kayaks or boats may approach nearby.
- 8. Make sure to stay hydrated as you can also sweat while swimming.
- 9. Please enjoy taking pictures and leave the nature intact.

## For emergencies

Emergency/ Distress: 119 No Accident at sea: 118

No area code

Ogasawara Village Clinic 04998-2-3800

Stay calm and provide the following information.

- 1. Current condition of the person in need of help (specifically as possible)
- 2. Name, age, lodging of the person in need of help
- 3. Current location
- 4. A telephone number that can be reached later

## Poisonous Sea Creatures

These poisonous creatures won't go out of their way to hurt you, but do not stimulate or



