Heat-related Illness



Crossword Puzzle

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Down Across

1.	Heat-related illnesses can happen when engaged	1.	You
	in strenuous activity in the heat.		fun
2.	Eliminate or reduce strenuous activities.	2.	lf y
3.	Wear appropriate clothing. Lightweight, light-colored fabrics		tim
	heat and help you maintain a normal body	3.	He
	temperature.		SW
4.	Never leave children or pets unattended in vehicles, even	4.	Pre
	with a cracked.		sha
5.	Those especially at risk of heat-related illness include:	5.	He
	infants, young children, the, pets, people with		
	heart problems, employees working in heat, athletes and	6.	Ch
	those using alcohol and drugs.		to l
6.	Heat stroke can cause permanent damage or death.		hea
7.	Wear a wide-brimmed hat to keep the off of your face.	7.	Ev
8.	Wear with an SPF of at least 15 to prevent sunburn		life
	and loss of body fluid.	8.	He
9.	Sunburn can significantly slow the skin's ability to release		rise
	excess heat. The is to prevent a burn from happening.		the
10.	In hot weather, drink cool water, natural juices or sports	9.	Wit

drinks even if you don't feel _____

1.	Your body needs water, salt and to keep
_	functioning.
2.	If you need to be active, restrict it to the
	times of day – early morning or late evening.
3.	Heat rash is a irritation caused by excessive sweating.
4.	Prevent heat emergencies by resting often in
	shady or cool areas and drinking plenty of
5.	Heavy exertion causes fluids to be lost by
٠.	resulting in heat cramps.
6.	Check on family, friends and neighbors susceptible
Ο.	
	to heat-related illness at least twice a in a
	heat wave.
7.	Even in 70 degree weather, can reach
	life-threatening temperatures in minutes.
8.	Heat stroke occurs when the body's temperature
	rises markedly, the sweating mechanism fails and
	the is unable to cool down.
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	Without proper precautions, heatcan be deadly.
าก	In heat exhaustion, blood flow increases to the

skin, redirecting its flow from vital _____ and can

result in mild shock.

Heat-related Illness

Crossword Puzzle



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Across Down

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	in strenuous activity in the heat.		functioning.
2.	Eliminate or reduce strenuous activities.	2.	If you need to be active, restrict it to the
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10.	In hot weather, drink cool water, natural juices or sports	9.	Without proper precautions, heatcan be deadly.
	drinks even if you don't feel	10.	. In heat exhaustion, blood flow increases to the
			skin, redirecting its flow from vital and can
			result in mild shock.