

HEAT ILLNESS AWARENESS CROSS-WORD PUZZLE



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Across

- 1. Victims of heat stress disorders should be ____ from direct sunlight.
- 5. Call 911 ____ for heat stroke victims.
- 6. Schedule vigorous activities during the coolest ____ of the day.
- 7. Take ___ breaks on hot days.
- 10. Heat stroke symptoms include confusion, fainting, and ____.

<u>Down</u>

- 1. Always acclimatize yourself to the ____ weather conditions.
- 2. During hot weather avoid drinking ____ fluids.
- 3. Muscle spasms are a symptom of ___ cramps.
- 4. Prevent heat rash by wearing loose ____.
- 8. Children are at a greater ____ for heat stress.
- 9. Promptly seek ____ attention if a victim does not recover from heat stress.