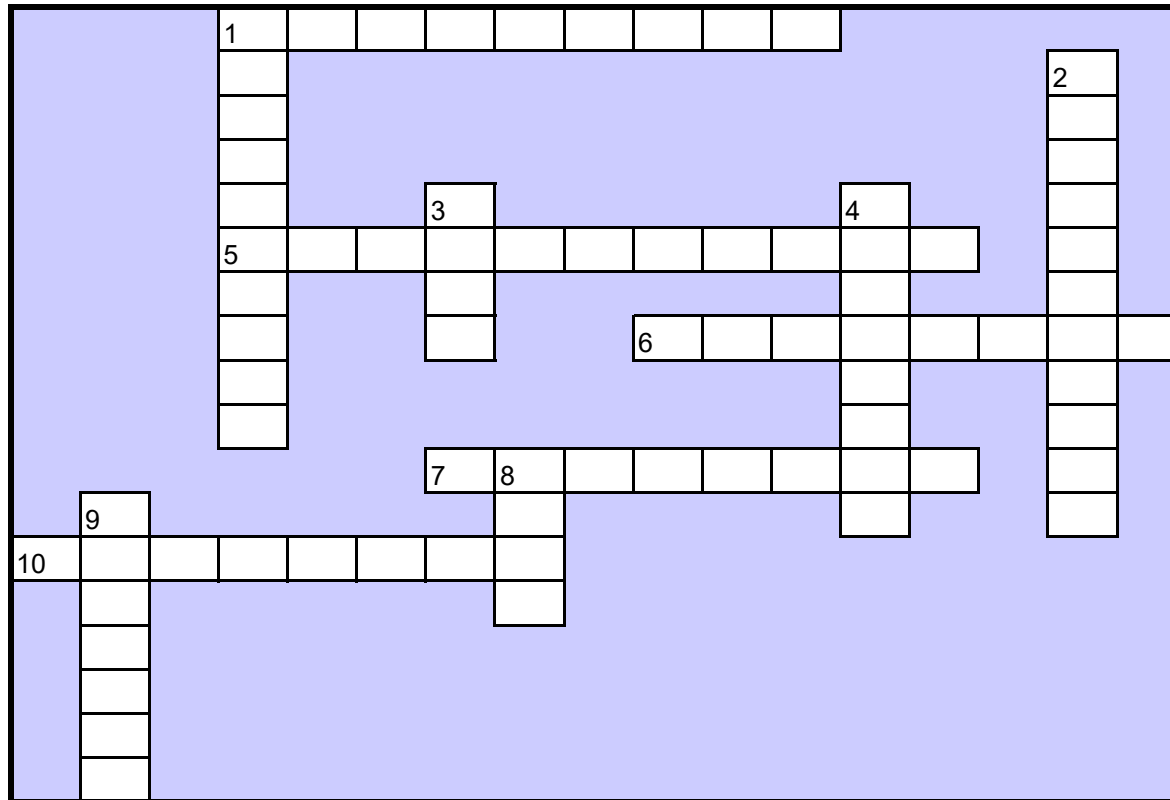


**HEAT ILLNESS AWARENESS
CROSS-WORD PUZZLE**



University of California
Agriculture and Natural Resources
4-H Youth Development Program



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 ___.

Down

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.