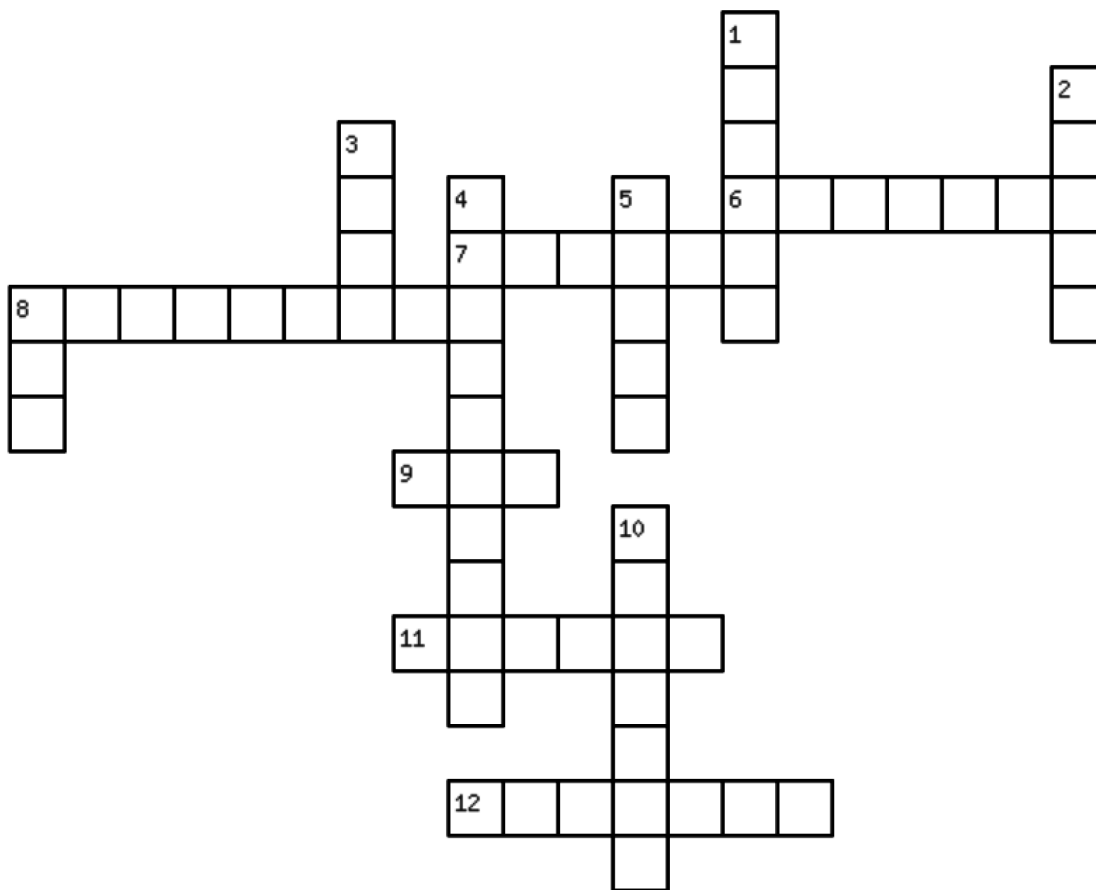


# Beat the Heat! Summer Safety Starts with YOU!



## Down:

1. Knowing how to stay cool will help you to be safe all \_\_\_\_\_!
2. What color clothing is best to wear during hot weather?
3. True or False: dehydration, heat stroke and heat exhaustion can all be caused by too much heat.
4. Which item can you wear to protect your eyes from the bright sun?
5. If you want to stay hydrated, be sure to drink plenty of \_\_\_\_\_.
8. To prevent heat stress, do your best to stay out of the \_\_\_\_\_.
10. If the air quality index is green, it is safe to enjoy \_\_\_\_\_ activities.

## Across:

6. Plan ahead! Do errands and make appointments during this time of day.
7. When the air quality index is orange, red or purple, outdoor activities might be (safe or unsafe?)
8. Always wear \_\_\_\_\_ to protect your skin from the sun.
9. You should wear this on your head to protect yourself from the sun's rays.
11. Hot weather can cause many different \_\_\_\_\_ problems for people aged 50 or and older.
12. When temperatures are high, it is best to stay \_\_\_\_\_.

