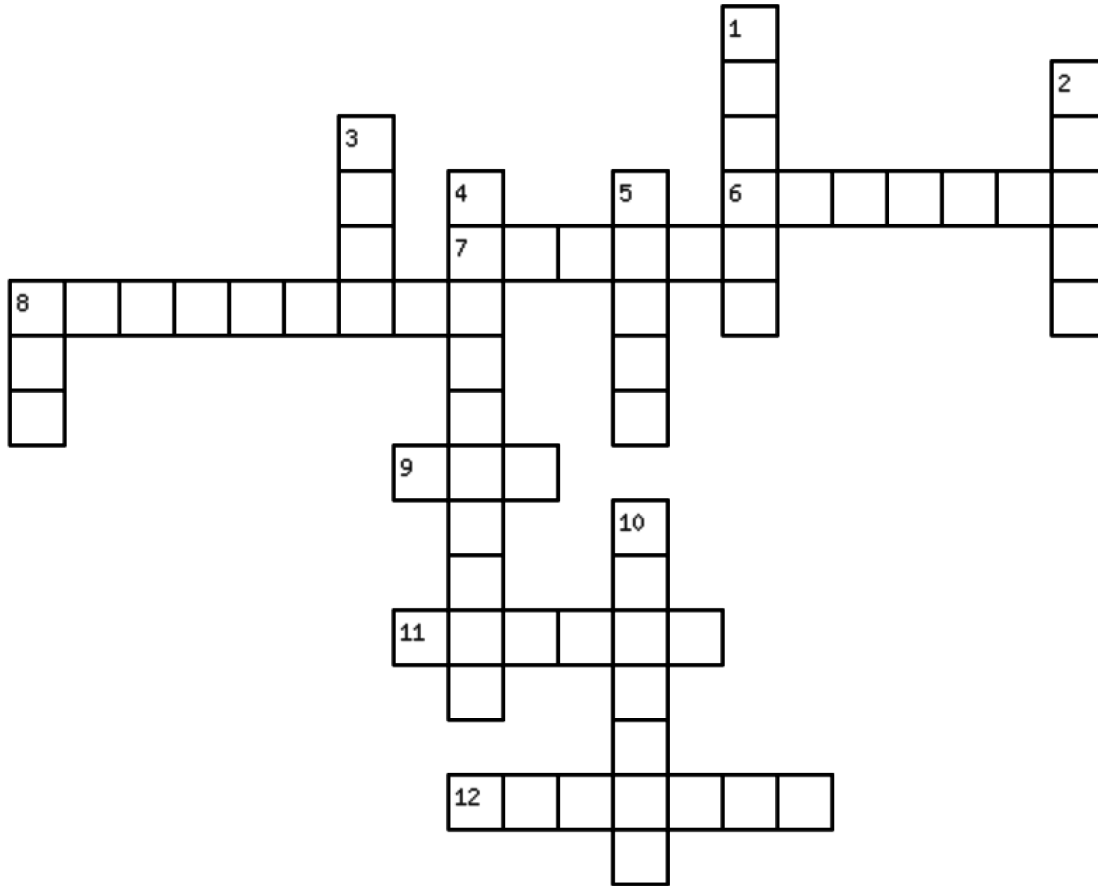


# Beat the Heat! Summer Safety Starts with YOU!



## Down:

1. Knowing how to stay cool will help you to be safe all **SUMMER!**
2. What color clothing is best to wear during hot weather? **LIGHT**
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? **SUNGLASSES**
5. If you want to stay hydrated, be sure to drink plenty of **WATER.**
8. To prevent heat stress, do your best to stay out of the **SUN.**
10. If the air quality index is green, it is safe to enjoy **OUTSIDE** activities.

## Across:

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

