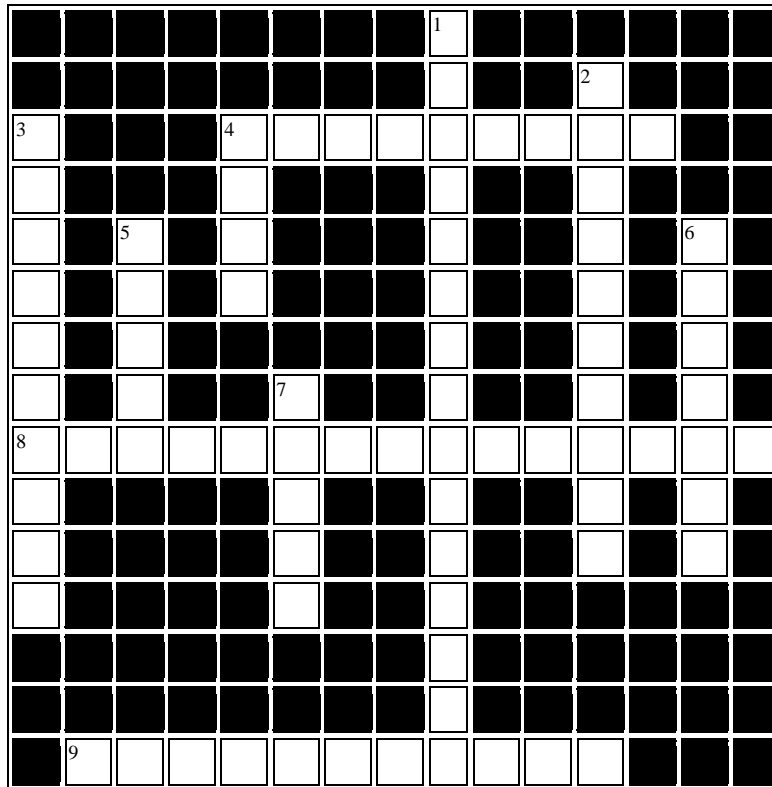


# Heat Illness Crossword Puzzle

The Extreme Weather and Public Health Program

Exercise your brain and learn more about heat illness.



## Across

4. Older adults are more vulnerable to heat illness because they may be taking prescription \_\_\_\_\_.
8. The most effective way to prevent heat illness is to stay in this type of building.
9. This happens when your body becomes too hot and is unable to regulate its own temperature. (2 Words)

## Down

1. The process of slowly becoming used to changes in climate or the environment.
2. A type of heat illness that is considered to be a "medical emergency." (2 Words)
3. This common type of heat illness causes muscle pains or spasms. (2 Words)
4. A \_\_\_\_\_ or public library is a great place to go for free air-conditioning.
5. The best way to re-hydrate is to drink plenty of this clear fluid.
6. Drinking water, staying indoors, and resting frequently are all ways to \_\_\_\_\_ heat illness.
7. The Heat and Older Adults Safety Toolkit.