

# Maggie's Health Tips



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## Beat the Heat!

Summer break is almost here. I know you can't wait to spend time outside playing with your friends. On really hot days, be careful not to let yourself get overheated. This can lead to heat exhaustion or heat stroke. Here's what to watch out for and what you can do if it happens to you or your friends:

### Signs of Heat Exhaustion

- Muscle cramps
- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.



### Signs of Heat Stroke

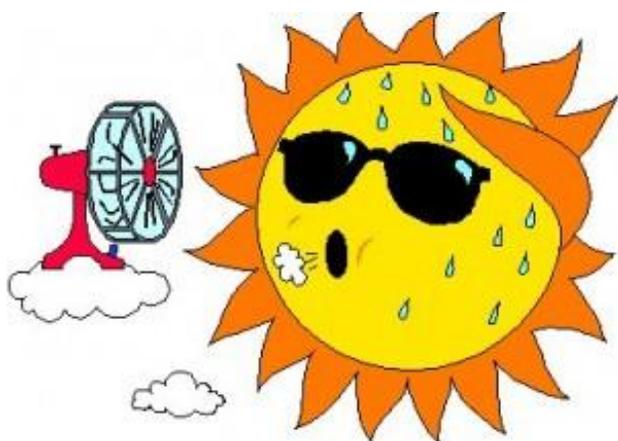
- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

### What Your Caregiver Should Do:

- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

## Can you find the ten symptoms of heat exhaustion?

K H I F Q J J S F G O Q H B A  
 Y M Z D I Z Z I N E S S T E Q  
 O K X L G X I L Y G U B G Y E  
 O A E S U A N I P S R R P I U  
 I N O M W D R R N H G P Q S T  
 S S E N K A E W W W M O X R Y  
 P Q G O O S E B U M P S Q M U  
 M T X G C L J L A A X Z M E U  
 A U M U S G N I T N I A F W R  
 R G N I T A E W S D L P V T Q  
 C E K S K E C K Z C P Y X W P  
 E H C A D A E H A W G P H C Y  
 B T W P W L B U E W K Q V U M  
 S J Y O B N C V U K R W O Y U  
 P W G H Y E U G I T A F Z G W



### Answer Key

Cramps, weakness, fatigue, dizziness, goose bumps, fainting, sweating, clammy, headache, nausea.

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