

Heat Exhaustion Quiz

Answer True or False. Give a reason for your answer.

1. You can only get heat exhaustion on sunny days.
2. Wear lightweight clothing when you play outside.
3. You don't need to carry water if you drink before you leave the house.
4. Eat plenty before going out to exercise.
5. Play at midday so there are lots of other kids around to make teams.
6. You should rest in the shade if you get tired.
7. Only drink when you get very thirsty.
8. If your friend tells you he feels dizzy, you should tell him to find an adult and carry on playing.
9. If someone starts acting strange, you should get an adult.
10. Signs of heat exhaustion are: breathing quickly, feeling weak, cramps, dizziness, vomiting.
11. If a friend faints, you should get help immediately.
12. You should wash your face in cold water when you get hot while playing.