



Name _____ Class _____ Date _____

Dehydration

Have you ever spent a hot afternoon running, or playing ball with your friends? Bet you were pretty sweaty and thirsty when you finished. That **thirst** was a sign of dehydration. **Dehydration** means that your body is losing more fluids than it takes in. Make sure you **drink water** a few hours before physical activities, and keep drinking after you're done—*be smart and stay hydrated!*



What is heat-related illness?

Heat-related illness (**hyperthermia**) results from exposure to extreme heat where the body becomes unable to properly cool, resulting in a **rapid rise in body temperature**. Prompt treatment of heat-related illnesses with **aggressive fluid replacement** and **cooling of core body temperature** is critical.

Exposure to excessive heat can cause illness and can worsen



PREVIEW

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Heat stroke is characterized by the following **symptoms**:

- Body temperature greater than 103°F (39.4°C)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



Very high body temperatures can damage the brain or other vital organs. In severe cases, the problem can progress to multiple organ system failure and death.

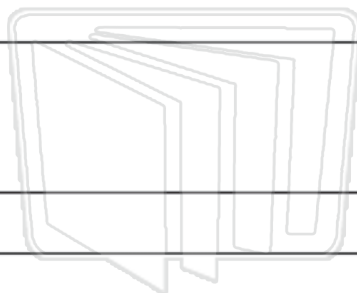


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