

Name: _____

Hot Stuff

Directions: Read “Beat the Heat” (page 8). Answer the questions in Part 1 by circling *T* for true or *F* for false. In Part 2, write your answer on the lines provided.

Part 1

- | | | |
|---|---|---|
| 1. Sweat is composed of 60 percent water and 40 percent electrolytes. | T | F |
| 2. Shock and extreme confusion are symptoms of heat stroke. | T | F |
| 3. A body temperature well over 98.6 degrees Fahrenheit causes the heart and other systems to work harder. | T | F |
| 4. Drinking water, taking a cool bath, and resting in a shady place are all ways to ease the symptoms of heat exhaustion. | T | F |
| 5. Heat illness affects only children and the elderly, not teens. | T | F |
| 6. A part of the brain called the hypothalamus is in charge of controlling the body’s temperature. | T | F |
| 7. Hot and humid weather is the only factor that can cause heat illness. | T | F |
| 8. Heat cramps are painful spasms of muscles in the arms, legs, and abdomen. | T | F |
| 9. Athletes don’t notice thirst until they’ve lost 15 percent of their body weight in water. | T | F |
| 10. Hyperhidrosis can be treated by health-care providers. | T | F |

Part 2

In addition to the strategies for avoiding heat illness that the article recommends, what would you suggest? How do you beat the heat?
