

Heat related illness

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

internal temperature

heat exhaustion

early symptoms

prickly heat

electrolytes

heat stroke

heat cramps

heat stress

confusion

hydration

water

hot