

Safe & Sound: DEHYDRATION

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

palpitations	confusion	headache	sluggish
fatigue	thirst	dizzy	faint
rapid	sweat	tired	water
dry	hot		