



Summer Safety QUIZ

1. Before you head outside, you should always wear sunscreen with an SPF of at least:

- a. 5
- b. 8
- c. 10
- d. 15

2. _____ accounts for about 3.3 million emergency room visits a year in the United States.

- a. Chest pain
- b. Overexertion
- c. Abdominal discomfort

3. **True or False:** If heat stress goes untreated, it can quickly lead to heat stroke – a life-threatening condition.

- a. True
- b. False

4. Which of the following are symptoms of heat exhaustion:

- a. Headache
- b. Dizziness
- c. Weakness
- d. Light-headedness
- e. All of the above

5. **True or False:** Before participating in outdoor activities in the summer, you should eat a large and hearty meal.

- a. True
- b. False

Answer Key: 1-D / 2-B / 3-A / 4-E / 5-B