Summer Safety

1. Before you head outside, you should always wear sunscreen with an SPF of at least:
   a. 5  
   b. 8  
   c. 15 
   d. 30

2. When working in the heat, you should drink:
   a. Only small sips of water to prevent stomach cramping
   b. One cup of water every 15-20 minutes
   c. One gallon of water every 30 minutes
   d. As much as you possibly can

3. True or False: If heat illness 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

Answers: 1-c, 2-b, 3-a, 4-e, 5-b