



PUZZLE

Summertime Health Drop-Out

Name: _____

Each scrambled word below contains an extra letter. Use the clues to unscramble the words. Place the extra letter in the last column. Once you've unscrambled all the words, read the extra letters vertically to complete the message.

Clue and scrambled word	Answer	Extra letter
1. To lower your risk of skin cancer, seek shade during the dimelkd part of the day.		
2. Protect your eyes with eunssslage that block UVA and UVB rays.		
3. Choose sunscreen with adoerb spectrum protection.		
4. Reapply sunscreen if you're in the sun for more than pwto hours.		
5. Be careful next to sand and water, as the sun's ray's can nuhobec off these surfaces.		
6. To keep harmful germs away from your summertime picnic, place skiinrd in a separate cooler.		
7. Heat-related illnesses can develop when you're yhededtrads .		
8. To build up a naeccerlot to working or exercising in the heat, gradually increase the intensity of your work or workout.		
9. Drink plenty of aetrow to avoid dehydration.		
10. Heat kortoes can occur when the body can't control its temperature.		
11. If you feel faint or weak while working in the heat, plsto and get to a cool place.		

Why wouldn't the runner let go of the ice pack? He wanted to _____ ◆

