

Why is very hot weather dangerous?

Your body has its own way of stopping it from overheating. For example, in hot weather, you sweat. This cools your body. But when it is very hot, your body struggles to stay at the normal body



What are heat illnesses?

Heat rashes	Dehydration	Heat cramps	Heat exhaustion	Heat stroke
Very hot weather can give you a heat rash.	You are not putting enough water back into your body.	You get heat cramps		