



# BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

## WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

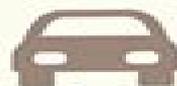
## WHERE:



Houses with little to no AC



Construction worksites



Cars

## HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

# Extreme Exposure

**Ying-Ying Zheng**



**Extreme Exposure:**

## Whispering the Secrets of Language: An Emotional Journey through **Extreme Exposure**

In a digitally-driven earth wherever screens reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and emotional nuances concealed within words usually go unheard. Yet, set within the pages of **Extreme Exposure** a interesting fictional value sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, that marvelous opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very fabric of every word. Within the mental depths of the poignant review, we will embark upon a heartfelt exploration of the book is core subjects, dissect its fascinating publishing style, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

<https://www.cheaperseeker.com/About/publication/fetch.php/Guided%20Discovery%20Activities%20For%20Elementary%20Science.pdf>

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