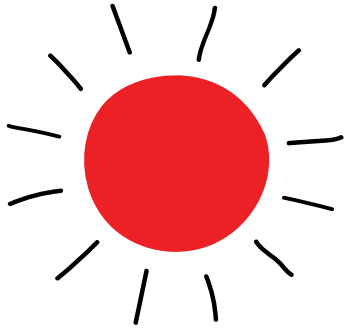
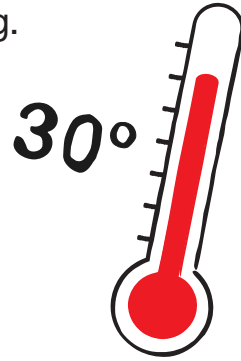


2. Checking on Granddad

It is summer: day two of a heatwave.



Temperatures are over 30°C even in the evening.



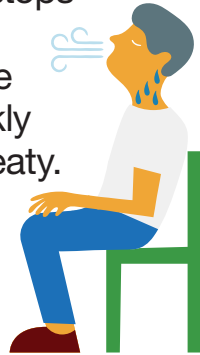
Every day, on his way home from school Valentino visits his granddad to check he is okay. Valentino usually does jobs for his granddad, to help him.



Today, his granddad has been working in the garden. Valentino is worried about dehydration so takes his granddad some water.



A while later, he notices his granddad seems unsteady and stops to take a seat. He seems to be breathing quickly and is very sweaty.



He asks his granddad if he is okay, and he says he feels dizzy and sick. He says he'll be fine; he just needs a moment to rest.



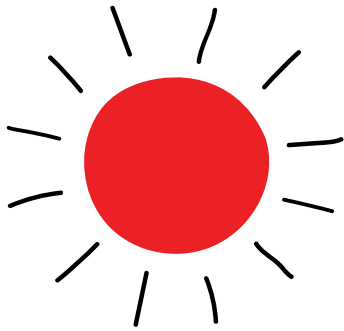
Questions:

1. What is Valentino's granddad experiencing?
2. What should Valentino do?
3. How could Granddad avoid this next time?

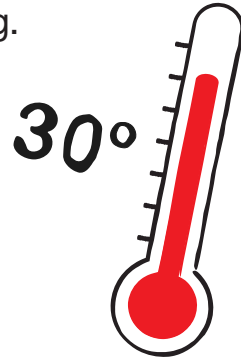


3. Football on the school field

It is summer: day three of a heatwave.



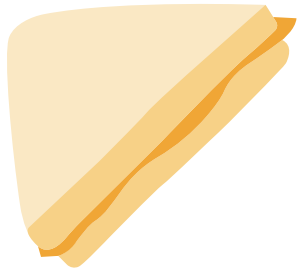
Temperatures are over 30°C even in the evening.



At lunch time, Dylan usually goes to play football with his friends on the field.



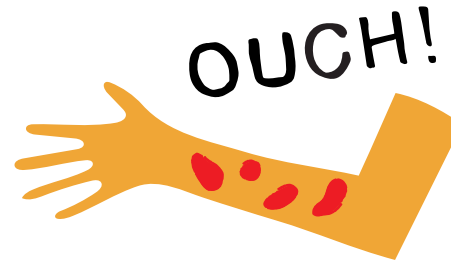
They eat sandwiches from home and play for the whole time.



Dylan knows it's important to drink plenty and has a large bottle of water with him every day.



On his way home from school Dylan feels uncomfortable, his skin feels hot and sore.



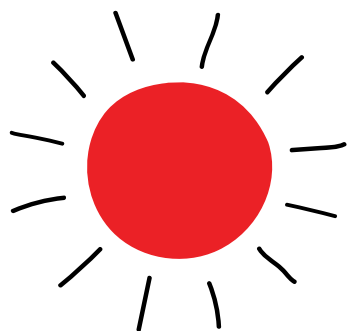
Questions:

1. What is Dylan experiencing?
2. What should Dylan do?
3. How could he avoid this next time?

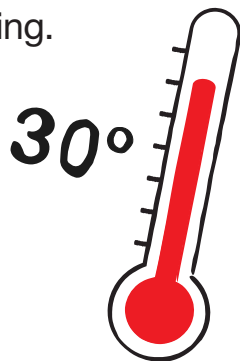


4. Visiting her sister for a meal

It is summer: day four of a heatwave.



Temperatures are over 30°C even in the evening.



Once a week, Zainab goes to eat at her sister's house. Her sister is a landscape gardener. It involves working outside all day, which can be hard in a heatwave.



When Zainab arrives, her sister is surprised to see her and doesn't understand why she's there, even though she comes around every week.



Her sister says she hasn't got anything ready for them to eat, she's not hungry and doesn't feel well. She is dizzy and has a headache.



Zainab notices that her sister looks very hot, but she isn't sweating.



Questions:

1. What is Zainab's sister experiencing?
2. What should Zainab do?
3. How could her sister avoid this next time?

