Safe & Sound: DEHYDRATION

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| H | E | A | D | A | C | H | E | E | S | W | E | A | T | B | P | A |
| E | Q | P | I | E | I | V | N | L | M | T | L | C | E | R | I | U |
| F | A | T | I | G | U | E | B | P | C | T | U | H | O | W | J | Z |
| X | G | K | L | O | X | I | U | A | O | Z | B | U | U | Q | G | X |
| M | F | O | S | J | S | Z | Q | J | N | X | I | J | N | I | V | H |
| O | Q | Q | T | P | F | B | S | O | F | H | P | A | E | D | D | I |
| M | B | N | J | A | G | C | W | L | U | K | H | Y | K | R | I | A |
| F | F | H | R | L | O | X | O | Z | S | B | L | S | L | O | Z | J |
| A | D | H | V | P | P | M | Y | S | I | Z | T | S | E | X | Z | T |
| I | R | A | P | I | D | Z | I | Z | O | T | B | T | U | T | Y | H |
| N | Y | W | A | T | E | R | T | Q | N | T | I | R | E | D | Q | I |
| T | B | B | V | A | X | M | B | K | J | Y | I | J | C | S | M | R |
| B | J | Q | V | T | V | W | A | E | N | M | E | C | M | Q | J | S |
| C | G | F | X | I | A | H | W | K | H | O | D | R | M | O | Z | T |
| R | X | M | Q | O | I | K | K | K | H | Y | G | O | O | M | D | C |
| Z | U | H | C | N | Z | C | U | F | E | Y | M | S | H | O | T | B |
| A | X | X | L | S | L | U | H | X | S | L | U | G | G | I | S | H |

   confusion       dizzy       dry       faint       fatigue       headache       hot       palpitations       rapid       sluggish       sweat       thirst       tired       water