

Name _____

Feeling Good: Understanding the Impact of Temperature and Humidity on Your Well-Being

Short Answer

1. Describe the impact of high humidity on how we perceive temperature and comfort.
2. Explain why it's important to stay hydrated in hot and humid weather.
3. What is the heat index, and how is it calculated?
4. How does extremely dry air affect our skin and respiratory health?
5. Name three ways to adapt to hot and humid weather for better comfort and health.

