

Name _____

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

Short Answer Key

1. High humidity can make us feel warmer and stickier, as it impairs sweat evaporation, reducing our ability to cool down.
2. Staying hydrated in hot and humid weather is essential to prevent dehydration, heat exhaustion, or heatstroke. It helps the body regulate its temperature.
3. The heat index is a measurement that combines temperature and humidity to describe how hot it feels. It is calculated using a formula that takes into account temperature and relative humidity.
4. Extremely dry air can lead to dry skin, irritated eyes, and exacerbate respiratory issues like asthma or allergies.
5. Possible adaptations include wearing lightweight clothing, drinking water, seeking shade or air conditioning, and using fans or cooling devices.

