

# Health Science project - Task 1

## Unit 9 : Environmental Emergencies

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### 1- Dehydration



#### Signs of Dehydration :

- 1- Weakness:** When a person is dehydrated, they can begin to feel weak.
- 2- Feeling thirsty:** Everyone feels thirsty. When you feel more thirsty than normal, you could be dehydrated.
- 3- Dizziness:** Feeling dizzy can be a sign of different health issues. Being dizzy can make you feel like you will faint.
- 4- confusion:** Having too little water in your body can make you confused. You might not be aware of your surroundings or what you are doing.

## 2- Heat Exhaustion

### Signs of Heat Exhaustion :

- 1- Sweating:** At this stage, your body is working hard to try to cool itself. This is why you sweat.
- 2- Dizziness:** just like with dehydration, heat exhaustion can make you feel dizzy.
- 3- Nausea:** this is when you feel sick.
- 4- Faint:** when you are dehydrated you can feel dizzy. when it gets to the stage of heat exhaustion it can make you



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## 3- Snake Bite

### Signs of Snake Bite :

- 1- Pain :** the patient might feel pain where they had the bite . this will help you to find the bite.
- 2- Weakness:** They might show signs of low energy.
- 3- Sweating:** They might be sweating more than normal.
- 4- Nausea or vomiting:** The person might start to feel sick after a snake bite.



## 4- Spider bite

### Signs of Spider bite:

- 1- pain or itching in the area:** when the person feel pain or itching you should know that the spider bite
- 2- Vomiting:** The person might start to feel sick after a spider bite.
- 3- Headache:** when the spider bite ,you feel headache and we should go to the hospital.
- 4- Fever:** when the spider bite, the person will feel tired and fever.

