



I feel hot, do I have a temperature?



Have you been exercising?



Have you been running?



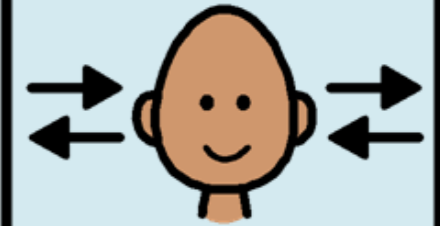
Have you been sitting in the sun?



Are you wearing too many layers of clothes?



Are you sitting next to a radiator?



Probably not



Have a drink of water or move to another seat or take off your jumper to see if you feel better.



Do you feel shivery?



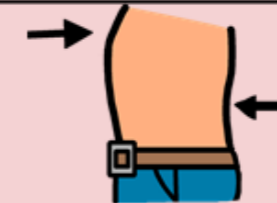
Do you look flushed?



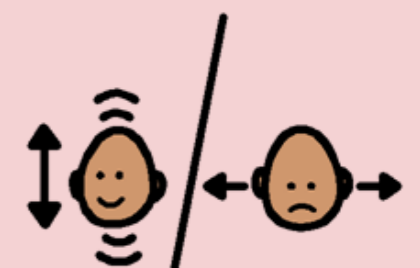
Do you feel warm to touch?



Are you sweating?



Does your chest or back feel warmer than normal?



maybe



Tell an adult and they'll be able to help you.



Remember, we are here to help and keep you safe and well.

