

Name _____

The desert is a fascinating landscape, but it can be dangerous. If you plan to travel in the desert, you should be aware of the following common health concerns.

When traveling in the desert it is very easy to get dehydrated. Make sure to bring lots of water with you. Dehydration can cause headaches, dizziness and sunstroke. If you are in a pinch, it is sometimes possible to get water from inside a cactus.

In the desert you also need to look out for snake bites. Keep a snake bite kit with you at all times. Watch for snakes as you are walking, and stay out of their way. Keep an eye out for snakes and steer clear of them. In the event of a snakebite, it is important to stay calm. If the victim moves around too much their heart will beat faster and make the poison spread through their body. Get help as soon as you can.

It is very easy to get a sunburn in the desert, since there is no shade. Avoid sunburn by using sunscreen. If sunscreen isn't available, you can use mud, or cover your skin with clothes. To treat sunscreen, break open the leaves of an aloe vera plant and rub the slimy fluid inside onto the burn. This will relieve the pain.

By all means, go enjoy the desert. There are many things to see and learn. And if you follow these simple steps you can be confident that your next visit to the desert will be fun and safe!

1. What assertion does the author make about the desert?

2. What evidence does the author offer to support that assertion?
