

Fast Facts

Dehydration

- When body doesn't have enough fluid because you used it or lost more than you consumed
- Reasons: not drinking enough, vomiting/diarrhea, fever, excessive sweating or increased urination
- Children and elderly are at high risk
- Thirst not a reliable indicator of need for water because most people don't feel thirsty until they're already dehydrated
- Can cause a significant, life-threatening complications

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Adults:</i></p> <ul style="list-style-type: none"> -Extreme thirst -Infrequent urination -Dark-colored urine -Fatigue -Dizziness -Confusion <p><i>Children:</i></p> <ul style="list-style-type: none"> -Dry mouth/tongue -No tears when crying -No wet diaper for three hours or more -Sunken eyes/cheeks -Soft spot on top of their skull is visible -Easily irritated -Lethargic 	<p><i>Goal:</i> Replace the fluids and electrolytes that are missing</p> <p><i>Mild/Moderate:</i></p> <p><u>Adults</u>-Drink more water or other liquids</p> <p><u>Young Children</u>-Use over-the-counter oral rehydration solutions (a teaspoon of the solution every few minutes and gradually increase as tolerated)</p> <p><u>Older Children</u>-Use sports drinks that are diluted with water (usually half sports drink and half water works well)</p> <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Hospitalization with fluids and electrolyte replacement through an intravenous (IV) catheter 	<ul style="list-style-type: none"> -Drink at least eight 8-ounce glasses of water every day -Eat foods high in water content, like fruits and vegetables -Start hydrating before, during and after exercising -Drink more water if you're going to be outside in either hot or cold weather -If you or your child has vomiting and diarrhea, start rehydrating as soon as possible

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