



Understanding Dehydration

Diarrhea and vomiting are signs that your little one has a misbehaving belly that's not absorbing all it needs. Unlike sugary household drinks, Pedialyte® is therapeutic hydration that replenishes more of what kids lose during the stomach flu to help prevent dehydration and help stop bad little bellies from causing even more trouble.

What is dehydration?

When your child has diarrhea, with or without vomiting, large amounts of fluid are lost from the body. The resulting fluid loss can be excessive and can lead to a more serious condition called dehydration. This causes our bodies to become imbalanced, as water moves out more quickly than we can replace it through drinking. And when the body loses too much water, it can no longer function efficiently.

Dehydration can make your sick child feel even worse. And if your child has both diarrhea and continued vomiting, dehydration can happen even faster. **But Pedialyte can come to the rescue to help prevent dehydration during diarrhea and vomiting.**

Symptoms of Dehydration¹

- ✓ Dry mouth or tongue
- ✓ Less frequent urination (fewer wet diapers)
- ✓ Overly sleepy
- ✓ Few or no tears when crying
- ✓ Sunken eyes
- ✓ Irritability

If you see any of these warning signs, as identified by the Centers for Disease Control and Prevention, call your doctor.

These tips may help with comforting your little one:

- Encourage bed rest, with plenty of books and activities to keep your child entertained.
- Have a bowl or bucket close by in case the bathroom is too far.
- Provide children's fever reducer/pain reliever for aches and pains, if your child's pediatrician says it's okay.



Therapeutic hydration to the rescue™

For more information, visit Pedialyte.com

Powder Packs and Freezer Pops are not for use for children under 1 year of age.

Reference: 1. Centers for Disease Control and Prevention. *MMWR Recomm Rep.* 2003;52(RR-16):1-16.