IS DEHYDRATION ON YOUR RADAR?

WHAT IS DEHYDRATION?
Dehydration occurs when you use more fluids than you consume or drink. You'll naturally lose water through normal bodily functions such as sweating, going to the bathroom, or breathing. It’s important to consume fluids throughout the day to maintain a proper balance.

COMMON WAYS TO BECOME DEHYDRATED

- ILLNESS
  When you’re vomiting and/or have diarrhea, you're losing essential fluids that are needed to help you feel well again. When you’re sick, you may also eat and/or drink less.

- SPORTS & EXERCISE
  Your body temperature rises when you exercise or play sports (especially in hot temperatures) which causes you to sweat and lose fluids.

- TRAVEL
  When you travel, you’re out of your normal routine and may not be focused on staying hydrated. If you travel on a plane, the humidity level may be lower and you may experience signs of dehydration.

MILD, MODERATE, OR SEVERE DEHYDRATION
The level of dehydration depends on how much fluid is lost and not replaced. Mild to moderate dehydration can often be reversed by drinking fluids. In moderate cases, an electrolyte drink may be needed. Severe dehydration requires medical attention and can be life threatening.

COMMON SIGNS

- HEADACHE
- DIZZY
- TIRED
- CRANKY
- DRY SKIN
- THIRSTY
- CONSTIPATED

COMMON FACTS

- 60% OF THE HUMAN BODY IS WATER
- CHILDREN ARE AT GREATER RISK
- You need water to regulate body temperature, maintain healthy skin and joints, digest food, and help the brain function at its best.
- A child’s body has an even higher percentage of water than adults. Children have a higher metabolism, which may cause them to sweat more. They often don’t recognize when they’re dehydrated.

TIP
To see if you’re dehydrated, check the color of your urine. Dark yellow to amber typically indicates dehydration, while pale yellow means you’re properly hydrated.
YOUR BODY NEEDS BOTH WATER AND ELECTROLYTES

When you lose fluids, you also lose electrolytes. Electrolytes are minerals essential to your health. They balance fluids in your body and carry electrical signals to power your nerves and muscles.

HYDRATION HAS MANY BENEFITS

- Improves mood
- Boosts brain function
- Prevents fatigue
- Helps moisturize skin
- Produces necessary bodily fluids like tears and saliva
- Helps remove waste through sweat, urine, and stool
- Improves mood
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WAYS TO HELP YOU MAINTAIN PROPER HYDRATION LEVELS

- Drink a glass of water when you wake up, before each meal, and 1 hour before bed.
- Avoid waiting until you’re thirsty to take a drink. Being thirsty can be a sign that you’re already dehydrated.
- Take fluid breaks during exercise.
- Eat fruits and vegetables with a high water content (eg, watermelon, lettuce, cucumber, strawberries).
- Check your urine. If dark yellow to amber, drink more fluids!
- Stay hydrated in the winter. You may not feel as thirsty or sweaty, but your body loses fluid performing everyday functions even when it’s cold.

WHEN WATER ISN’T ENOUGH

Drink an electrolyte solution to quickly replenish fluids and electrolytes. These flavored and unflavored beverages are sold at local grocery stores and pharmacies.

FACTS

- The National Academy of Medicine recommends drinking about 11 cups of water for women and about 16 cups for men per day.
- The American Academy of Pediatrics recommends that an active child drink 6-8 cups of water per day.

TIP

Avoid drinks with a lot of sugar and not enough sodium and potassium, like many sports drinks, soda, and juices. Sugary drinks can reduce the amount of fluid your body absorbs.

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