

# IS DEHYDRATION ON YOUR RADAR?

## WHAT IS DEHYDRATION?

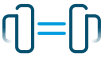
Dehydration occurs when you use more fluids than you consume or drink. You'll naturally lose water through normal bodily functions such as sweating, going to the bathroom, or breathing. It's important to consume fluids throughout the day to maintain a proper balance.

## 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.

**60%** OF THE HUMAN BODY IS WATER

### FACTS

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.

## COMMON SIGNS



HEADACHE



DIZZY



TIRED



CRANKY



DRY SKIN



THIRSTY



CONSTIPATED

## 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.

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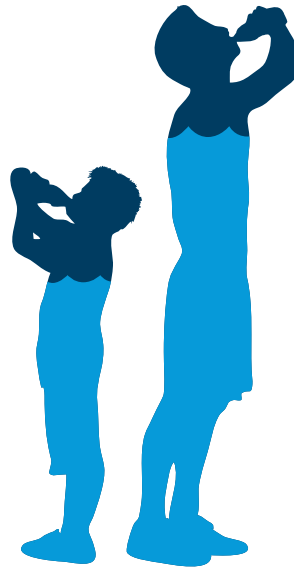
# DO YOU KNOW HOW TO STAY HYDRATED?

## 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

## 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.



## 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.



## 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.



Eat fruits and vegetables with a high water content (eg, watermelon, lettuce, cucumber, strawberries).



Avoid waiting until you're thirsty to take a drink. Being thirsty can be a sign that you're already dehydrated.



Check your urine. If dark yellow to amber, drink more fluids!



Take fluid breaks during exercise.



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.



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