

IS DEHYDRATION ON YOUR RADAR?

WHAT IS DEHYDRATION?

Dehydration can occur when you take in less fluids than your body loses. While it's natural to lose water through normal bodily functions such as sweating, going to the bathroom, or breathing, it is important to consume fluids to maintain the proper balance.

COMMON SIGNS AND SYMPTOMS

- Headache
- Dizzy
- Tired
- Cranky
- Dry skin
- Thirsty
- Constipated

COMMON WAYS TO BECOME DEHYDRATED



VOMITING AND/OR DIARRHEA

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



FEVER

When you have fever, you might also have symptoms such as headaches, chills, shivering, sweating and no appetite. Both sweating and eating and/or drinking less than normal can lead to dehydration.



SWEATING

When you sweat you lose water and electrolytes. The more you sweat, the sooner you might become dehydrated if you are not taking time to rehydrate.

60% OF THE HUMAN BODY IS WATER

You need water to regulate body temperature, maintain healthy skin and joints, digest food, and help the brain function at its best.

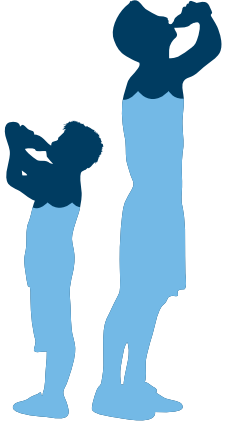
FACTS



CHILDREN ARE AT GREATER RISK

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.

DO YOU KNOW HOW TO STAY HYDRATED?



PROPER HYDRATION CAN HELP:

- Prevent fatigue
- Moisturize skin
- Produce necessary bodily fluids like tears and saliva
- 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

Dietitians of Canada recommends aiming for the following fluid intake each day:[†]

- **Women:** 9 cups (2.25 L)
- **Men:** 12 cups (3 L)
- **Young children:** 3.5-5 cups (875 mL-1.25 L)
- **Older children:** 6.5-7 cups (1.6-1.8 L)

TIP

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



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 like watermelon, lettuce, cucumber, and 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!

[†] Speak to your doctor if you have a medical condition or fluid restrictions.

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