

Dehydration

Dehydration is caused by the excessive loss of water and salts from the body due to illness, medication or from prolonged exposure to heat. Severe dehydration may easily become a life-threatening condition.

Causes:

- Severe sweating
- Extreme heat
- Diarrhea
- Vomiting

Preventing Dehydration:

- Avoid caffeine or alcoholic beverages.
- Drink plenty of water. Do not wait until thirsty.
- Avoid being outside during the intense sunlight hours from 10 am to 3 pm.

Signs of dehydration:

- Thirst
- Dry skin
- Fatigue
- Light-headedness
- Confusion
- Dry mouth
- Increased heart rate
- Increased breathing rate
- Less frequent urination

Treatment:

- Move to a cool and dry place
- Lie down and rest
- Apply cool water to the skin
- Drink fluids such as water, juice, or sports drinks (like Gatorade)
- Consult a healthcare provider if symptoms worsen.