



Preventing Dehydration

Dehydration, or not having enough water in your body, happens when a person loses more fluid or water than they take in. It's easy to become dehydrated in hot weather, especially in the summer and fall months. Dehydration is serious and can cause you to suddenly get very sick or to have to see the doctor.

How do I know if I am dehydrated or don't have enough water in my body?

Below are some common signs:

- Dry and cracked lips or skin
- Bad breath or tongue has white coating
- Muscle aches or pain
- Headaches
- Light headedness
- Blurry vision
- Confusion
- Feeling tired or sleepy
- Stomach pain or throwing up
- Hard or difficult bowel movements
- Not peeing as often as usual
- Your pee smells different or is very dark in color

What causes dehydration?

It's easy for anyone to become dehydrated if:

- You are sick
- You have a fever, are throwing up, or having diarrhea
- It's very hot outside
- You haven't had a lot of water or much to drink
- You drank a lot of caffeine, soda, or alcohol that makes you pee more
- You are sweating a lot

Stay Cool! Drink Lots of Fluids!



How can I prevent dehydration?

Drink plenty of water by:

- Drinking a glass of water before, during and after going on a walk or exercising
- Drinking a glass of water when you take medication
- Ordering water when you eat at a restaurant
- Carrying a reusable water bottle and refilling it after you finish drinking the water
- Adding a lemon or lime slice or frozen fruit to give your water some flavor.

Add more fluid to your diet by:

- Eating foods like watermelon, pears, strawberries, fruit salad, cucumbers, lettuce, soup, and gelatin desserts.

Also remember:

- Wear lightweight, light-colored, and loose-fitting clothing when it's hot outside
- Don't overdo it when it's hot outside. When there are "heat alerts" in your area, don't go out to exercise, it's too hot.
- Keep your home at a cool temperature; and
- Stay in the shade at outdoor events.



Did you know? You should try to drink six to eight 8-oz glasses of water each day.



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert provider agencies, regional center staff, and others to specific risks identified with our community.