

WARNING

Signs of Dehydration

Water is vital to our bodies! It helps:

- regulate our body temperature
- dissolve minerals and nutrients
- lubricate our joints
- execute waste disposal
- moisten our muscles



Without Water, Our Bodies Will Slowly Shut Down!

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|------------------------------|-----------------------------|
| 1 Dry Mouth | 7 Rapid Breathing |
| 2 Fatigue | 8 Dizziness |
| 3 Thirst | 9 Nausea |
| 4 Bathroom Difficulty | 10 Aggravation |
| 5 Flushed Skin | 11 Poor Skin Turgor* |
| 6 Headache | 12 Urine Color |

Treating Dehydration:

- Increase fluid intake slowly, teaspoons or small sips
- Popsicles or electrolyte solutions are good alternatives to water
- Seek MEDICAL ATTENTION if symptoms do not improve within 20 - 30 minutes

Results of Dehydration Include: Organ Failure • Seizures • Death

*Skin turgor is the skin's ability to change shape and return to normal (elasticity)