

Recognizing the Signs of Dehydration

Dehydration: What You Need To Know

Dehydration is the loss of body fluids that can occur because of diarrhea, vomiting, heavy sweating, fever, and overexposure to the sun. Without these essential fluids, our bodies cannot function properly.

Signs of Dehydration

- dizziness, general feeling of weakness
- less urine output
- dry mouth
- thirst
- difficulty in swallowing dry foods
- dry skin/lips

Call the Doctor if...

- little or no urine output for 12 hours or more
- if urine is dark in color
- dizziness while standing up or fainting
- feeling of confusion

Preventing Dehydration

The best way to prevent dehydration is to drink fluids.

It may be difficult to drink and eat during bouts of nausea and diarrhea, but even small amount help. You can try drinking a few ounces at a time of clear liquids every 15-30 minutes until you can keep larger amounts down. Ice chips can work wonders for dry mouth.

Remember, if you think you are dehydrated or at risk of becoming dehydrated, call your doctor. He or she can prescribe medications to relieve vomiting and diarrhea, thus reducing the risk of dehydration.

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