Dehydration

What is it?

> When the body loses too much water or fluids.

What causes it?

- Heat exposure
- Too much exercise
- Vomiting
- Diarrhea
- Decreased fluid intake

Signs/Symptoms:

- Weakness
- Thirst or dry mouth
- Dizziness
- Confusion
- Less urination than usual

Plan of Action:

- Contact a healthcare provider if you suspect someone is dehydrated

The best first aid for dehydration is prevention: encourage everyone to drink enough to stay hydrated.

> If dehydration isn't addressed early enough, it can lead to life threatening medical conditions such as shock.

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