

## How to Treat Dehydration

Be Prepared   Treatment

Water is essential to all human beings. When we get dehydrated, our body and brain suffer and we can be prone to different diseases. Understanding the signs and knowing how to prepare is essential for good health and recovery.

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### Method 1 of 2: Be Prepared



#### **1** Know the symptoms. Signs of dehydration include:

- Dark yellow or orange urine
- Infrequent urination
- Reduced sweat
- Thirst
- Dry mouth/nose
- Skin that feels dry and tight
- Dizziness
- Weakness
- Overheating

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**2** **Prevent dehydration by drinking fluids frequently, even if you don't feel particularly thirsty.** Plan on drinking one eight ounce bottle of water or more per hour of exercise, and include several ounces of juice or sports drink. If you're not exercising, try to drink about 8 glasses of water, tea, or other fluids in a 24-hour period.



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**3** **Know at-risk people.** People at a higher risk for dehydration include:

- Children
- The elderly
- Heavy exercisers
- People in hot climates (heat prompts fluid loss from sweating)
- People in cold climates (cold prompts the body to reduce blood volume through fluid loss)
- People on medications which contribute to dehydration
- Anyone with an illness that causes fluid loss, such as influenza, high fever, etc.



**4** Eat hydrating foods, such as fresh fruits and vegetables. Remember to drink extra water if you are eating dry or salty foods.

#### Method 2 of 2: Treatment



**1** Move the victim to a cool area. This will help prevent heat loss from sweat, and prevent heat exhaustion or heat stroke.



**2** Keep the victim still by having him or her lie down. This will prevent any more exertion, and help prevent fainting.



**3** Apply cool, wet cloths to critical areas of the victim's body. These are thin-skinned areas that readily absorb moisture. Areas include:

- Wrists
- Neck
- Collarbone
- Upper arms/armpits
- Inner thighs



**4** Keep the cloths on to prevent evaporation, and re-moisten as needed.



**5** Give water and juice in small amounts. You can also try giving the victim watery fruit, such as watermelon, if they're not nauseated. They may vomit; if they do, wait a short time and try giving fluids again.



**6** Seek medical help if the victim is dehydrated from heat stroke or blood loss, or if dehydration is severe.



**7** Get medical help if there is severe dehydration. Unchecked dehydration can lead to delirium and death.

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Know another method for How to **Treat Dehydration**? Add it here...

Name your method

Add your steps using an ordered list. For example:

1. Step one
2. Step two
3. Step three

Add Method

## Video



## Tips

- Always leave cold clean water every day for your pets. Their lives depend on it. Make it a habit to check on their bowl in hot weather. Keep an outside bowl as well as an inside one.
- Plan ahead and always have plenty of water in your home and in the car. Keep water at work and in lunch boxes. Teach your kids how important it is that they drink water to have good health. If going on a outing, don't assume there will be water, bring your own. It is better to bring too much water than not enough.
- If you're going on a hike or a long run in the park, bring water. Just carry it with you. Do not hike in very hot weather.
- If you are a runner, try to drink before, during and after but not too much! Drinking too much water is just as dangerous as not enough. Never force yourself and drink when you are thirsty. Important: Sports drinks are good to have on hand. Don't take any aspirin or pain relievers before, during and shortly after the race. Don't down tons of water after a race either. Sip fluids and eat a small amount of food after a race for safety.
- Practice water intake everyday for yourself and loved ones. At risk are people who are young, elderly or have suffered illness or burns.
- If there are no water sources around, try to stay in the shade and use the quickest way of transportation.
- Drink water, and if you're going to be travelling or camping for example take a few bottles of water with you to avoid dehydrating.

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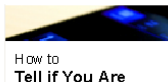
### Warnings

- Don't drink ditch, river, lake, pond, stream, creek, mountain, or ocean water. You will get sick.
- Sodas, coffee or other artificial beverages can make dehydration worse.
- Keep an eye on any family members or friends that live by themselves and have the flu or a bad cold. Call them or drop by a case of bottled water and to see if they are drinking enough. Sometimes when people are ill, they feel so bad, they stop drinking water. Tea is fine as long as you are drinking water too.
- Know that infants and small children are more prone to dehydration than adults. Never withhold water from a child as punishment for bed wetting. The child could die.
- Salt tablets can cause vomiting; use juice or sports drinks instead.
- Extreme dehydration can be fatal if left untreated.
- Never undertake any outdoor hiking trip with guides who tell you to rough it and not provide water. Survival camps who run a program where you don't drink water until you can "find" it are to be avoided. You may die from such a situation.
- Call for an ambulance or head for the Emergency room if your infant or child has sunken eyes, shriveled skin, sunken spot on head, parched lips, fussiness and excessive sleepiness, crying with no tears or splotchy, cold hands and feet. Always get help if your baby has had a fever, excessive diarrhea or vomiting and shows these signs, get help and call your Doctor immediately. The Doctor may decide the child might need an IV tube to help with liquid intake.

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