WARNING SIGNS

Signs vary, but may include:

- Extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness, nausea, vomiting
- Disorientation, confusion
- Unconsciousness

If you see ANY of these signs, you may be dealing with a LIFE-THREATENING emergency.

FIRST AID

Call 911. **FIRST**

Without intervention and resolution of the problem, muscle cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can lead to heatstroke (which can cause shock, brain damage, and DEATH)

Solutions:

1. **Drink 12-20 oz, 1-2 hours before exercise.** Sports drinks and water are the best choices.
   - Didn’t plan ahead? 15-30 minutes before exercise, drink at least 10-14 oz of fluid.

2. **DO NOT drink liquids that contain Caffeine or more than 15g of sugar per serving.** They will interfere with the body’s ability to control its internal temperature.

3. Avoid overheating if you are taking medication that impairs heat regulation (Blood flow) or if you are overweight, elderly, or unfit.

4. **The quickest way to get liquids metabolized into your system is to drink the liquid at room temperature.** Drinking ice-cold liquids causes the stomach to constrict and impedes the distribution of vitamins, nutrients, and electrolytes that the drink provides.

Facts about drinking water:

- **Lack of water is the #1 trigger of daytime fatigue.**
- A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on computer screen or paperwork.
- **90 – 125 oz. of liquid a day significantly eases back and joint pain for up to 80% of sufferers.**
  - The liquid can be obtained by eating foods high in water content.
- Drinking five 8 oz. glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- One 8 oz. glass of water at midnight relieves hunger pangs for almost 100% of dieters.
**HYDRATION MANAGEMENT TOOLBOX**

**PARENTS & FIRST RESPONDER USE:**

<table>
<thead>
<tr>
<th>STATUS</th>
<th>No Dehydration</th>
<th>Some Dehydration</th>
<th>Severe Dehydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>CONDITION</td>
<td>Well, alert</td>
<td>Restless, Irritable</td>
<td>Lethargic or unconscious, floppy</td>
</tr>
<tr>
<td>EYES (Tears)</td>
<td>Normal (present)</td>
<td>Sunken (not present)</td>
<td>Very sunken and dry (not present)</td>
</tr>
<tr>
<td>MOUTH &amp; TONGUE</td>
<td>Moist</td>
<td>Dry</td>
<td>Very Dry</td>
</tr>
<tr>
<td>THIRST</td>
<td>Drinks normally, not thirsty</td>
<td>Thirsty, drinks eagerly</td>
<td>Drinks poorly or not able to drink</td>
</tr>
<tr>
<td>SKIN PINCH</td>
<td>Goes back quickly</td>
<td>Goes back slowly</td>
<td>Goes back very slowly</td>
</tr>
<tr>
<td>DECIDE</td>
<td>The child has no signs of dehydration</td>
<td>If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.</td>
<td>If the child has 2 or more signs, including at least 1 major sign, there is some dehydration.</td>
</tr>
</tbody>
</table>

*Indicates a Major sign

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**Heat Index Guidance**

The National Weather Service uses a "heat index" that alerts the public when combinations of heat and humidity could make hot weather hazardous.

It tells how hot the Heat-Humidity combination makes you feel.

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**SKIN TURGOR** (elasticity)

A quick check of skin turgor by pinching the skin over the back of the hand, on the abdomen, or over the front of the chest under the collarbone is a good way to check for dehydration at home.

Mild dehydration will cause the skin to be slightly slow in its return to normal.

- To rehydrate, drink more fluids -- particularly water.

If turgor is severe, indicating moderate or severe dehydration, see your health care provider immediately.