

**Dehydration** happens when you lose more fluids than you are consuming. If you don't replace the fluids you have lost, your body will become dehydrated. Many people don't feel thirsty until they're already dehydrated.

**Possible symptoms:**

- Extreme thirst
- Decreased urination
- Dark urine
- Fatigue
- Dizziness
- Confusion

**Call your doctor if:**

- Diarrhea for 24 hours or more
- Irritable, disoriented or increased sleepiness
- Unable to keep down fluids
- Bloody or black stool

**Possible causes of dehydration include:**

- Diarrhea/vomiting
- Fever
- Excessive sweating.
- Increased urination.

**Certain people are at greater risk:**

- Infants/children.
- Older adults.
- People with chronic illnesses.
- People who work or exercise outside.

**Dehydration can lead to serious complications, including:**

- Heat injury
- Urinary and kidney problems
- Seizures
- Low blood volume shock

**How can you prevent dehydration?**

- Drink plenty of fluids \*\* You need to drink extra water in hot/humid weather in order to help lower your body temperature, and also to replace what you lost through sweating.
- Eat foods that contain water such as fruits and vegetables.
- Let your thirst be your guide. This is generally an adequate daily guideline for most healthy people.

