



Don't Risk Becoming Dehydrated ...

Dehydration occurs when your body loses too much water or you drink too little liquid.



During the hot summer days, it is important to drink plenty of liquids, The recommended amount is 8-12 glasses unless your physician has instructed you otherwise.

No



No



No



Alcohol and caffeine containing beverages (coffee, tea, soda), which act as a diuretic (removing body fluid), so they should be avoided in extreme heat.

Thirst indicates you are dehydrated

Common warning signs that may indicate you are dehydrated are:

- headache (the most common symptom)
- dry Skin
- dry mouth and tongue
- nausea
- diarrhea
- weight loss
- low blood pressure (sometimes)
- fast heart beat
- disorientation (in extreme cases)

With adequate intake of fluids, symptoms should be relieved. If symptoms continue call your physician.