



## **PREVENT DEHYDRATION THIS SUMMER**

The weather has turned warmer and you may be dehydrated and not even be aware of it. Dehydration occurs when your body loses too much fluid. Since water is involved in all body processes, your consumption of fluids is important, particularly during the hot days of summer when we tend to sweat more. The elderly, young children and people taking certain medications may be particularly susceptible to dehydration. One of the most important things to do is to drink plenty of water throughout the day.

***Be aware of these signs:***

***In adults - being thirsty, urinating less often than usual, having dark colored urine, having dry skin, feeling tired or dizzy, muscle cramps and fainting.***

***In babies and young children – having a dry mouth and tongue, crying without tears, no wet diapers for 3 hours or more, a high fever or being unusually sleepy.***

Sports drinks can be helpful for people who are exercising in the heat, but be sure to avoid any drinks that have caffeine. Always drink before, during and after being active. If you are going outside, wear lightweight, light colored clothing. Pay particular attention to being thirsty. You are already beginning to dehydrate when you feel thirsty.

If you suspect dehydration, drink small amounts of water or juice over a period of time. Taking too much all at once can overload your stomach and make you vomit. Children may prefer flavored ice pops. Get out of the sun and lie down. If symptoms worsen or persist, consult a physician to be sure you don't have the more serious condition of heat exhaustion or heat stroke.

**This information provided courtesy of your Employee Assistance Program.**

**For confidential assistance, please contact us at 716-681-4300.**

