



# HYDRATION

## Drink Plenty of Water

Dehydration happens when the amount of fluids that a person is drinking is less than the amount of fluids lost through sweating, urination, diarrhea or vomiting. Dehydration is very common when exercising outside, and it can lead to more serious problems like heat exhaustion and heat stroke. It's important to stay well hydrated by drinking plenty of water.

## Signs of a Dehydration

Look for any of these signs of dehydration.

- Thirst
- Dry or sticky mouth
- Headache
- Muscle cramping
- Irritability
- Extreme fatigue or weakness
- Dizziness

## If someone is dehydrated or has heat exhaustion:

- Move them to a cool place and cool the body with water.
- Have them drink cool water or a sports drink. Seek medical attention right away if they cannot drink.
- Raise their legs up 8-12 inches.
- Take off any equipment and excess clothing.
- Get an okay from a health professional for children and teens before returning them to play.

## If someone is having a heat stroke:

- Call 911 right away.
- Put them in cold water. Add lots of ice to the water and keep stirring.
- Keep children and teens from returning to play until a health professional says it is okay for them to do so.



## Dehydration and Kids

Talk with your children to make sure they're taking the right steps to prevent dehydration while playing.

Preventing dehydration will keep your child safe from more serious problems like heat exhaustion or a heat stroke.

### Make sure they:

- Drink water 30 minutes before play begins.
- Take a break every 15-20 minutes to drink more. Don't wait for a child to tell you they are thirsty.
- Drink plenty of water after the play ends.



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## Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • [www.archildrens.org/injury\\_prevention](http://www.archildrens.org/injury_prevention)

Sources: Centers for Disease Control and Prevention, Safe Kids