

2013

# Signs of Dehydration

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Dehydration can happen if you don't drink enough fluid. Other causes include vomiting, diarrhea, fever, severe sweating, and high blood sugar.

## Signs of mild to moderate dehydration:

- Thirst
- Headache
- Less urine output
- Urine is dark in colour
- Urine has a strong smell
- Dry, sticky mouth
- Cracked lips
- Dry skin
- Reduced skin turgor - skin doesn't bounce back quickly when pinched on the back of the hand or forearm
- Little or no appetite
- Feeling agitated and restless
- Feeling dizzy or lightheaded
- Tiredness
- Muscle weakness

## Seek medical advice if you have:

- Extreme thirst
- No urine output for 8-12 hours
- Moderate diarrhea for 5 or more days

- Severe diarrhea for 2 or more days
- Vomiting for more than 12-24 hours
- Confusion
- Increased drowsiness
- Seizure
- Uncontrolled high blood sugars

**Your total daily fluid requirement is:**

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- Do not drink more than one or two 8-ounce cups of coffee each day.
- Do not drink more than two or three 8-ounce cups of tea each day.
- Do not drink “Energy” drinks.

How much liquid you need will depend on your age, activity, drugs, and health issues.

You may need to increase your fluid intake when you are more active or during hot weather.

Urine colour is the best way to check for dehydration. Your urine should be clear and pale yellow.

Consume regular amounts of liquid during the day. If you drink a lot at once, your kidneys will simply flush the extra fluid away.

