

# Dehydration Safety Fact Sheet

Dehydration occurs when the body loses more fluid than it takes in. Dehydration can disrupt metabolic processes and normal body functions. Lack of sufficient water during strenuous outdoor activities can result in dehydration.

## **SYMPTOMS**

- Excessive thirst
- Dizziness
- Headache
- Fatigue
- Passing less urine than normal (urine dark or cloudy)
- Dryness of skin, mouth, and eyes
- Loss of skin elasticity

## **Severe Symptoms**

- Passing no urine in >12 hours
- Fever
- Heart palpitations or rapid heartbeat
- Fainting
- Confusion/disorientation
- Seizures
- Shock

## **PREVENTION**

- ❖ The amount of water you need to avoid dehydration will vary based on climate and physical exertion.
- ❖ Consume at least 1 liter per hour of activity, increase if you experience any symptoms of dehydration.
- ❖ Take frequent water breaks, every 15 minutes, particularly when performing strenuous activity. Do not wait until you are thirsty to take a water break.

## **FIRST AID TREATMENT**

- ❖ Treating mild/moderate dehydration can be done by stopping activity, getting the patient to a cool/shaded area, and introducing fluids (water, broths, or electrolyte containing sports drinks) orally.
- ❖ If the patient displays severe symptoms, or is unable to keep fluids down, emergency medical attention is required.

## **REFERENCES AND ADDITIONAL RESOURCES**

Mayo Clinic [Dehydration](#)