



DEHYDRATION...

Dehydration means your body loses more fluids than you take in. If it's not treated, it can get worse and become a serious problem.

Spot the signs!

Here are some of the key signs to look out for which could indicate that someone is dehydrated:



Dry mouth/feeling thirsty



Dark yellow/strong smelling urine



Urinating less



Dizziness/confusion



Tiredness



Severe headaches



Weak pulse



Fainting

REMEMBER: IF SOMEONE IS SHOWING SEVERE SYMPTOMS OF DEHYDRATION SEEK HELP STRAIGHT AWAY.



STAY HYDRATED...



Have drinks readily available and offer them regularly.



Be inventive in how else you can offer fluids e.g. ice lollies, fruit, smoothies.



Pay extra attention to those at higher risk of dehydration and if showing signs act immediately.



Use activity sessions to promote fluid intake such as making non-alcoholic cocktails



Stay in cool, shady areas.

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