

A Avoid drying up!

Dehydration occurs when your body loses water faster than it should. Dehydration can be serious, even life-threatening. Symptoms include:

- A decrease in urination
- A dry mouth and throat
- Feeling dizzy when standing up

It's easier to prevent dehydration than treat it. Always remember to drink plenty of fluids, even when you're busy or sick. Avoid drinks with alcohol and drinks high in sugar since they don't fight dehydration and can make symptoms worse.

B Be sure to get the fluids you need

- Carry a water bottle with you at all times
- Freeze water in freezer-safe bottles, then take one with you for ice-cold water all day.
- Choose water when eating out.
- If you don't like plain water, add a wedge of lime or lemon, or a bit of fruit juice, to improve the taste.

Stay away from caffeinated and carbonated beverages when you feel thirsty. Sports drinks may be appropriate when you're physically active, but remember that they have high levels of sugar, salt and potassium.

C Calculate: do you need more ... or less?

Your body needs even more water when you are:

- In a hot climate
- More physically active
- Running a fever
- Having diarrhea or vomiting

Less water? Some people may have fluid restrictions because of a health problem. In that case, follow your health care provider's advice.

D Drink to your good health!

Getting enough water every day is important for your health. Water helps your body:

- Keep your temperature normal
- Lubricate and cushion your joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, sweating and bowel movements
- Stay safe in extreme temperatures: drinking enough fluid will help keep you hydrated and lessen your risk for heat exhaustion or heat stroke.

source: www.cdc.gov

The ABCs of H₂O



 **MERCY**
HEALTH SYSTEM

With all our heart. With all our mind.