

TIME TO BE WARY OF TOO MUCH SUN AND HEAT

HOT TEMPERATURES CAN CAUSE DEHYDRATION, AND SUN/HEAT STROKE. BOTH ARE PREVENTABLE WITH A LITTLE CARE! REMEMBER WHEN IT IS HOT – OFFER LIQUIDS



WHAT IS DEHYDRATION?

Dehydration is the loss of body fluids and electrolytes due to profuse sweating and inadequate intake of water. Alcohol consumption aggravates dehydration.

SIGNS OF DEHYDRATION INCLUDE:

- * Heat exhaustion
- * Headaches
- * Nausea and/or vomiting
- * Fainting
- * Blurred vision
- * Confusion
- * Urine output decreases & becomes concentrated and appears dark
- * Sunken eyes
- * Wrinkled or saggy skin – elasticity decreases
- * Extreme dryness in the mouth
- * Fever or temperature over 102 degrees
- * Severe pain or blistering of skin



IF DEHYDRATION IS SUSPECTED, REHYDRATION IS THE KEY TO PREVENTING FURTHER COMPLICATIONS. REMEMBER TO DRINK LOTS OF FLUIDS!

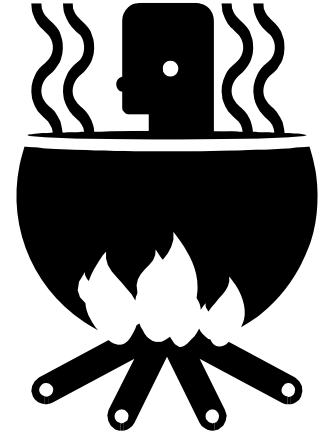
HOW DO I KNOW IF A PERSON IS BECOMING DEHYDRATED?

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The body's initial responses to dehydration are thirst to increase water intake along with decreased urine output to try to conserve water. The urine will become concentrated and more yellow in color.

As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration:

- dry mouth,
- the eyes stop making tears,
- sweating may stop,
- muscle cramps,
- nausea and vomiting,
- heart palpitations, and
- lightheadedness (especially when standing).



SO WHAT DO I DO IF I SUSPECT DEHYDRATION?

Fluid replacement is the treatment for dehydration. This may be attempted by replacing fluid by mouth, frequent small amounts of clear fluids should be used.

Clear fluids include:

- water,
- clear broths,
- popsicles,
- Jell-O, and
- other replacement fluids that may contain electrolytes (Pedialyte, Gatorade, Powerade, etc.)

MAKE SURE there is good ventilation in the house

HELP people stay cool, in the shade, cool water compresses, etc.

If the person becomes confused or lethargic; if there is persistent, uncontrolled fever, vomiting, or diarrhea; or if there are any other specific concerns, then medical care should be accessed IMMEDIATELY.

Information taken from:

<http://www.healthy.net>

<http://www.beach-net.com>

<http://www.1uphealth.com/health/sunburn>

<http://www.dermadoctor.com>;

and <http://www.MedicineNet.com>.

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