



Dehydration is not just a summer concern. It can occur at any time of the year. Water is crucial to your survival and when the body loses more water than it takes in, dehydration can occur. Symptoms of dehydration include thirst and dry mouth or skin, but others like headache, increased heart rate, and confusion can be signs of dehydration as well. Dehydration can be fatal if not addressed and treated promptly. Since water is lost through various bodily processes like sweating and urinating, dehydration is more likely to occur with increased physical activity, in warmer temperatures, or when sick.

Dehydration can usually be treated by simply drinking fluids. Sometimes though, with more severe dehydration, fluids will need to be given intravenously.

### **Symptoms**

Dehydration is often mild and usually does not cause symptoms. As dehydration progresses, these symptoms and signs may occur:

- Feeling thirsty
- Dry mouth and nose
- Cracked lips
- Fatigue and muscle weakness or pain
- Wrinkled skin
- Headache
- Dizziness or lightheadedness
- Weakness or unusual fatigue
- Urinating less or having dark urine (it may have a strong odor)
- Increased heart rate and breathing
- Confusion

### **Treatment**

If you suspect you are dehydrated, it is vital to rehydrate. In addition to water, oral rehydration solutions are good options for mild to moderate dehydration because they provide electrolytes and carbohydrates, which help your body absorb water better.

In order to prevent nausea and to get the best results, all fluids should be sipped slowly. Drinking too quickly could lead to discomfort or vomiting. In addition, be sure to stay in a cool environment and rest; this will allow your body to rehydrate without sweating.

### **Prevention**

The Institute of Medicine (IOM), while not making a recommendation specifically about water intake, recommends that adult men drink approximately 125 ounces (more than 15 cups) of fluids a day; adult women, approximately 90 ounces (over 11 cups). While this may seem a lot, keep in mind, this is total water intake, so it includes fluid from foods as

well as beverages. If you are engaging in physical activity or have a health condition that requires fluid control, your ideal amount will be different.

Besides drinking fluids, here are some additional tips for preventing dehydration:

- Seek out shade and avoid prolonged periods of time in the sun.
- Avoid/limit alcohol and caffeine when possible, but especially when exercising or flying.
- Be sure to drink fluids several hours prior to exercise.
- Consume more fruits and vegetables, like cantaloupe and watermelon, to increase your water intake. (This should not be a supplement for drinking pure water.)

Sincerely,

Del Norte Healthcare District Board of Directors  
Michael Young  
Kevin Caldwell, M.D.  
Tonya Pearcey, R.N.  
David Mason

Sources:

[https://www.verywellhealth.com/dehydration-symptoms-1298754?hid=78dd77607d36c4207b2efd7ca0c7afde855e75e3&did=11101041-20231126&utm\\_source=verywellhealth&utm\\_medium=email&utm\\_campaign=verywell-health-today\\_newsletter&utm\\_content=112623&lctg=78dd77607d36c4207b2efd7ca0c7afde855e75e3](https://www.verywellhealth.com/dehydration-symptoms-1298754?hid=78dd77607d36c4207b2efd7ca0c7afde855e75e3&did=11101041-20231126&utm_source=verywellhealth&utm_medium=email&utm_campaign=verywell-health-today_newsletter&utm_content=112623&lctg=78dd77607d36c4207b2efd7ca0c7afde855e75e3)  
<https://doc-sports.com/dehydration-not-just-a-summer-concern/>



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