

REDUCE THE RISK OF DEHYDRATION

The human body needs water to maintain blood volume, blood pressure and the normal function of other bodily fluids. Dehydration occurs when water and salts are lost from the body, often due to sweat and heat exposure. The most effective way to combat dehydration is taking the necessary steps to prevent it;

- **DRINK** fluids regularly, **BEFORE** getting thirsty (250ml every 15-20 min)
- **AVOID** caffeinated and high sugar energy drinks
- **AVOID** the sun during the middle of the day
- **WEAR** sunscreen and a hat and seek shade
- **DRESS** in thin, loose clothing to allow airflow

KNOW THE SIGNS OF DEHYDRATION

There are several stages of dehydration;

Mild Dehydration

- Thirst
- Reduced appetite
- Skin flushing
- Darker coloured urine (see chart below)
- Mouth dryness
- Fatigue and dizziness
- Mild headaches
- Chills

Mid Level Dehydration

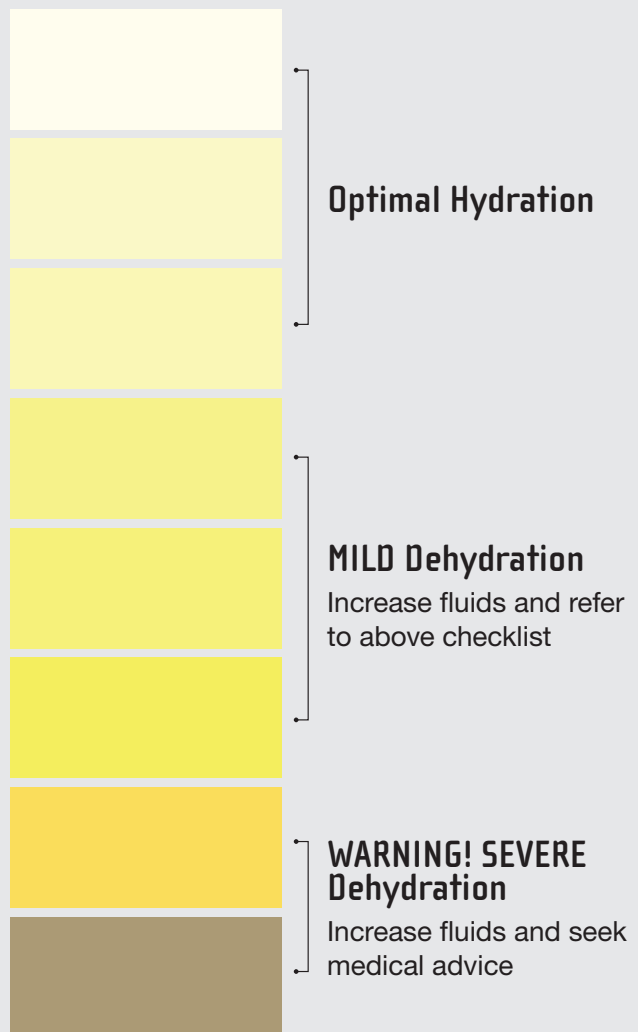
- Decreased sweating and urination
- Increased heart rate, sweat & body temp
- Extreme fatigue
- Cramping of the muscles
- Intense headaches
- Nausea and constipation
- Tingling and numbness

Severe Dehydration

- Muscle spasms & chest pains
- Vomiting
- Rapid pulse
- Dim vision/temporary blindness
- Painful/low volume urination
- Confusion
- Respiratory depression
- Neuromuscular seizures
- Unconsciousness

MONITOR YOUR HYDRATION LEVELS

One of the best and most simple ways to tell whether your body needs rehydrating is to assess the colour of your urine.



*This is to be used as a guide only. For more in-depth information consult a health professional.