

MEDICAL BULLETIN
APRIL 2023

DEHYDRATION

Dehydration occurs when your body loses more fluids than it takes in. This can happen when you don't drink enough water, sweat excessively, or have diarrhea, vomiting, or fever. Dehydration can lead to serious health problems, including kidney damage, seizures, and heat exhaustion.

Remember that staying hydrated is essential for your overall health and wellbeing. Make sure to drink plenty of fluids and take necessary precautions to prevent dehydration, especially during hot weather or strenuous activities.



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PREVENTION TIPS

Here are some tips to help prevent dehydration:

- Drink plenty of fluids: Drink water or other fluids regularly throughout the day, especially during hot weather or when you're exercising.
- Monitor your urine: If your urine is dark yellow or amber, you may be dehydrated. Aim for pale yellow urine.
- Eat foods with high water content: Fruits and vegetables like watermelon, cucumbers, and strawberries have high water content and can help you stay hydrated.
- Be aware of signs of dehydration: Symptoms include dry mouth, thirst, fatigue, dizziness, and headaches.
- Take precautions during hot weather: Wear lightweight, loose-fitting clothing, stay in the shade or air conditioning, and avoid strenuous activities during the hottest parts of the day.
- If you think you may be dehydrated, drink plenty of fluids and rest in a cool place. If your symptoms worsen, seek medical attention immediately.

