

DEHYDRATION

Dehydration is the result of not having enough body fluids for your body to function well.

1. CAUSES

- Dehydration can be caused by loss of fluids from sweating too much, vomiting, diarrhea or heavy urine output.
- You can also become dehydrated if you are not taking in enough liquid which is sometimes the result of a loss of appetite or of nausea.

2. SYMPTOMS

- Decreased urine output.
- Dry mouth.
- Dark circles under the eyes.
- Decreased activity in children.
- Fatigue in adults.

3. LATE SIGNS OF DEHYDRATION

- Confusion, weakness, and fainting.

DEHYDRATION

- Skin lacking its normal elasticity and sagging back into position slowly when pinched into a fold.

4. PREVENTION

- Drink adequate fluids throughout the the day no no matter how how active or or inactive you you are or with whether you you are ill.
- Monitor fluid intake and drink more than normal if you are ill.
- Children be encouraged to drink at least 5 ounces of water every 20

minutes during exercise in warm or humid climates.

- Drink at least a quart of water
- or other elec-trolyte-replenishing fluid every hour when you are sweating or doing exercise.

5. FIRST AID

- Mild dehydration can be treated by drinking water or other decaffeinated fluids such as sport's drinks.
- Get proper rest.
- If you are experiencing any of the signs of late dehydration, you need to see your doctor. You may need to receive fluids through your veins intravenously

(IV).

- Severe dehydration can result in Cardiovascular collapse; and death if not treated immediately.
- Infants and young children may benefit from specific electrolyte solutions as Pedialyte. Infants with frequent vomiting and diarrhea are at the greatest risk for dehydration and need to seek medical attention.

II Corinthians 12:9 "And he said unto me, My Grace is sufficient for thee: For my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities that the power of Christ may rest upon me."

God Bless Amen!