

# What is Dehydration?

DANIEL

And, that's how it's done!

LORRIN

What Daniel here is trying to show you is how to cure DEHYDRATION.

DANIEL

So, DRINK UP!

LORRIN

Dehydration means your body has lost more liquid than it's taken in.

DANIEL

Wait a minute, lost liquid? How do you lose liquid?

LORRIN

Think about it...

(We hear Daniel laughing)

DANIEL

Pee!

LORRIN

Well, kids most often become dehydrated when they have diarrhea...you know, very loose or watery poop!

LORRIN

It's the way the human body works.

DANIEL

And it's sooo gross!

LORRIN

You shouldn't laugh; dehydration can be very serious and dangerous.

DANIEL

Sorry, I'm listening.

# What is Dehydration?

LORRIN

Being thirsty is often the first sign of dehydration, and so is dark yellow pee. Other symptoms of dehydration are sudden weight loss and dry mouth.

LORRIN

Dehydration also makes your skin less stretchy. The way to test it is to pinch the skin between your fingers, if it doesn't fall right back to normal, you're dehydrated.

LORRIN

And other signs are a fast or weak heart beat or "pulse."

LORRIN

Your pulse is the little bumping you can feel when your heart beats.

DANIEL

You can feel your pulse here and here.

LORRIN

Right! Some other signs of dehydration include fast deep breathing, a fever, or weak and floppy muscles.

DANIEL

Like a human scarecrow.

DANIEL

That doesn't look fun. How does a dehydrated person get rid of these flops?

LORRIN

Well, you were right when you said, "Drink Up."

DANIEL

Water, Good ole H<sub>2</sub>O.

LORRIN

Water's good, but there are other ways to get liquid into your body, thin cereal, applesauce, pears and bananas.

LORRIN

Flavored gelatin, tea, soup and broth.

# What is Dehydration?

DANIEL

So, eat, drink and be merry!

LORRIN

And if you aren't feeling merry...ahh better, see your doctor again because he or she can give you a special rehydration drink that includes, sugar, salt, soda and potassium. And, if you still don't feel well, you may need to get liquids intravenously through an IV.

DANIEL

What does that mean?

LORRIN

That means through your veins. They do that if you can't drink or if you are throwing up too much.

DANIEL

I've had that. It didn't hurt much, just a little pinch and it was kinda cool to see how it worked. Sort of like a little drinking straw for my arm!

LORRIN

And once you're better hydrated, you'll probably feel way better. So like, Daniel said...

LORRIN/DANIEL

DRINK UP!