

# What to Do and Not to Do when you are Dehydrated

Dehydration, or the loss of too much fluid from the body, can cause mild to serious symptoms and should be treated right away. Follow this checklist to reduce your chances of becoming dehydrated.

Do: Drink water when you first wake up and continue drinking water throughout the day. Do: Choose clear fluids like water, caffeine-free herbal tea and clear broth soups. Do: Eat healthy fruits and vegetables that are made up of water to increase your fluid intake. Do: Talk with your healthcare provider about how much water is right for you.

Do not: Chug! Sip your drinks throughout the day to best hydrate. Do not: Drink sports drinks to get your daily fluids, unless you are doing a high intensity workout or activity. They are high in sugar and can lead to weight gain. Do Not: Overdo it with drinks that are high in sugar, caffeine or alcohol.

Do Not: Wait until you feel thirsty to drink. If you are thirsty you are already on your way to becoming dehydrated. Do Not: Ignore the signs of dehydration. Look for dry mouth, weakness, dizziness, headache, lack of sweating, fever and increased heart rate get help immediately.

Prevention is the best way to treat dehydration. Drink plenty of fluids throughout the day to give your body what it needs to function. Follow this checklist for tips to avoid being dehydrated.