

## Dehydration – What to do

Dehydration occurs if your body loses more fluids than it takes in. The symptoms include:

- Feeling excessively thirsty
- Dark yellow urine and not urinating as often as usual
- Feeling lightheaded and/or dizzy
- Feeling tired.

If you experience these symptoms you should take little sips of fluid until you feel able to drink more. If the symptoms persist despite this, you should see a GP.

**Remember babies, children and the elderly are most at risk of dehydration.**

If you are caring for someone you should:

- Offer them fluids regularly
- Make sure they drink during mealtimes
- Have a drink with them to encourage them
- Offer them food with a high water content.



As a rule, we are encouraged to drink 6 – 8 cups of water a day (2 litres). If you take part in high intensity exercise, you may want to drink a fluid with a little added sugar and sodium such as a sports drink.

If someone tells you they feel **unusually tired**, seem **confused** and have any **dizziness that doesn't pass**. Also, if they **haven't urinated for eight hours**, have a **weak or rapid pulse**, and have **fits** (seizures) you must contact the emergency services straightaway.

These could well be signs of serious dehydration and urgent treatment is necessary.

Contact us if you have any questions about dehydration.