



REHYDRATION

STEP 1: Physical Signs of Dehydration



NO SWEAT



NO TEARS



LESS URINE



WRINKLED SKIN



DARK AND/OR SMELLY URINE



DRY MOUTH



CONSTIPATION



MUSCLE CRAMPS

STEP 2: Mental and Emotional Sign of Dehydration



LETHARGY



CONFUSION



IRRITABILITY



NOT MAKING SENSE



HALLUCINATIONS



SLEEPINESS

STEP 3: Serious Signs of of Dehydration



LOW BLOOD PRESSURE



DIZZINESS



WEAK BUT RAPID PULSE



FAINING



SEVERE HEADACHE

**DON'T DELAY,
SEEK HELP
STRAIGHT AWAY**

Remember

- Have drinks **readily available**
- Offer **drinks at regular** intervals
- Be **inventive** in how else you can offer fluids, e.g. ice lollies, soups, smoothies
- Monitor those at **highest risk** of dehydration and, if showing signs, **act immediately**
- Use activity sessions to **promote fluid intake**, making non-alcoholic cocktails, juicy fruit desserts etc.

