Dehydration occurs when you are not drinking enough fluid or by losing more fluid than you take in. If you do not replace lost fluids, the body will not function normally and you will get dehydrated.

**SYMPTOMS**

- Adult
  - Extreme thirst
  - Less frequent urination
  - Dark colored urine
  - Tiredness
  - Dizziness
  - Confusion

- Children
  - Dry mouth and tongue
  - No tears when crying
  - No wet diapers for 3 hours
  - Sunken eyes and/or cheeks
  - Sunken soft spot-on top of skull
  - Irritability

**CAUSES**

- Diarrhea
- Vomiting
- Fever
- Excessive Sweating
- Increased Urination

**URINE COLOR CHART**

- Overhydrated
- Hydrated
- Dehydrated
- Extremely Dehydrated

Talk to your doctor
Benefits of Drinking Water

Water plays a role in just about every bodily function. The more hydrated you are the better your body works. Drinking more water may:

- **Suppress your appetite**
The brain can mistake hunger for thirst. Consuming water shortly before eating may help decrease food intake.

- **Remove waste from the body**
Drinking more water leads to less constipation and bloating. Hydration allows the kidneys to flush harmful bacteria from the urinary tract.

- **Regulate blood pressure**
Staying hydrated keeps your blood vessels from tightening so blood can flow normally.

- **Cold water**
The body uses energy to heat water to body temperature. The more energy used by your body, the faster your body turns what you ate/drank into energy (metabolism).

- **Reduce liquid calorie intake**
Choosing water instead of juice, soda, sweetened tea, or coffee reduces daily calorie intake.

- **Boost brainpower**
As little as 2% water loss can lower your performance in tasks that require attention, physical movement, and memory skills.

- **Burn fat**
Drinking more water makes the body burn fat for energy.

- **Reduce stress**
When you are dehydrated, your body makes more stress hormones. Drinking more water reduces them.

- **Helps during exercise**
Being hydrated can improve your workouts by decreasing fatigue, which can allow you to work out longer and burn more calories.