

# How can I protect my child from dehydration?

Dehydration is a very common heat-related condition, and can be a dangerous consequence of diarrhea, vomiting and fever. Dehydration occurs when the body loses more water and salts than it replenishes.



**Drink lots of fluids — do not wait until you are thirsty**

It is important to avoid dehydration by drinking plenty of fluids (especially when playing in the sun), scheduling outdoor activities during cooler times of the day, and drinking appropriate fluids to help maintain **electrolyte balance**.



In addition to dehydration, strenuous or prolonged activity during the hottest times of the day can lead to **heat exhaustion** or **heatstroke**.

## How much of your body is made up of water?

The average adult human body is 50-65% water. **The percentage of water in infants is much higher, typically around 75-78% water**, dropping to 65% by one year of age.



**Blood**

**92% water**



**Brain**

**75% water**



**Muscle**

**75% water**



**Bones**

**22% water**

## Symptoms of dehydration

- Thirst
- Less-frequent urination
- Dry skin, mouth and tongue
- Fatigue and light-headedness
- Dizziness and confusion
- Increased heart rate and breathing

## Symptoms of dehydration in children

- No tears when crying
- No wet diapers for more than three hours
- Sunken abdomen, eyes or cheeks
- Skin that does not flatten when pinched and released
- Listlessness and irritability



**If caught early, dehydration can often be treated at home under a physician's guidance.**

Severe dehydration should be treated immediately as a medical emergency, and hospitalization, along with intravenous fluids, will be necessary.