



---

# UNIVERSITY OF EMBU

---

## DEPARTMENT OF HEALTH SERVICES

---

### DEHYDRATION

- This happens when your body does not have as much water as it needs.
- Without enough water your body can't function properly.
- You can have mild, moderate or severe dehydration depending on how much fluid is missing from your body.

### CAUSES

- It's normal to lose water from your body everyday through sweating, breathing, urine, stool, tears and saliva.
- Usually you replace the lost liquid by drinking fluids and eating foods that contain water.
- You can lose more water than usual when you have fever, diarrhea, vomiting, excessive sweating, urinating a lot( especially in diabetes) and also some medication can make you urinate more often.

**Note:** We sometimes may not replace the water we lose because:

- We are busy and forget to drink enough.
- We don't realize that we are thirsty.
- We don't feel like drinking water because we have a sore throat, mouth sores or generally unwell.

### SIGNS & SYMPTOMS OF MILD/MODERATE DEHYDRATION

- Thirst
- Dry or sticky mouth
- Not urinating very much
- Dark yellow urine
- Dry cool skin
- Headache
- Muscle cramps

### SIGNS AND SYMPTOMS OF SEVERE DEHYDRATION

- Not urinating or having very dark yellow urine
- Very dry skin
- Feeling dizzy
- Rapid heart beat
- Rapid breathing



- Sunken eyes
- Sleepiness, lack of energy, confusion or irritability
- Fainting

❖ Severe dehydration is a medical emergency and needs to be treated immediately.

## **RISK FACTORS**

- ❖ Anyone can get dehydration but the following have a higher risk
  - ✓ Babies and young children
  - ✓ Older adults
  - ✓ People who are sick
  - ✓ People with chronic diseases
  - ✓ People who are active outside

## **PREVENTION**

- Don't wait until you are thirsty to drink. Make sure you're drinking fluids all day whether you are thirsty or not.
- Makes sure water is within easy reach day and night
- Have above 8 cups of water every day. If temperatures are high or you have a fever drink more.
- Don't skip meals you typically get much of your fluids from regular meals.
- Drink sports drinks, milk and broth/soup, but avoid high protein drinks as they can dehydrate you.
- Eat a balanced diet that includes fruits and vegetables.
- Limit coffee and caffeinated drinks.

- **END** -

