

AM I DEHYDRATED?

HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:



THIRST



DRY MOUTH



FATIGUE



HEADACHE



INFREQUENT URINATION AND/OR DARK URINE



DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY



CONSTIPATION



DIZZINESS OR LIGHTEADEDNESS



MUSCLE CRAMPS



BAD BREATH



CRAVINGS FOR SWEETS



ALTERED MOOD, CRANKINESS, OR FUZZY THINKING

SIGNS OF SEVERE DEHYDRATION INCLUDE:



RAPID BREATHING



RAPID HEARTBEAT



SEVERE DIZZINESS OR LIGHTEADEDNESS



UNCONSCIOUSNESS OR DELIRIUM



NOT URINATING, OR HAVING VERY DARK-COLORED URINE



EXTREMELY DRY OR SHRIVELED SKIN THAT LACKS ELASTICITY



SUNKEN EYES



EXTREME THIRST



LOW BLOOD PRESSURE



NOT SWEATING EVEN WHEN YOU SHOULD BE (FOR INSTANCE WHILE OUT FOR A RUN IN HOT WEATHER)

THE DEHYDRATION PINCH TEST

For a quick and easy way to decipher if you're dehydrated, try out **the pinch test** (also known as the skin turgor test):



Lightly pinch some skin on the back of your hand and pull it up about **one centimeter** before letting go.



If you're not dehydrated, the skin will **spring back** into its regular position almost immediately.

If it **takes a few seconds to settle back down**, you may be dehydrated.

DODGE DEHYDRATION WITH THESE EASY TIPS

Keep a water bottle handy

Whenever the bottle is empty, refill and keep sipping.

Increase your produce intake

Fruits and vegetables have a high water content.

Make water more exciting

Mix in a splash of fruit juice, fruit slices, unsweetened (and un-caffeinated) tea, or mint leaves.



Adjust to different situations



Up fluid intake at the first sign of illness.



Hydrate before and during exercise.



Keep water on hand at all times in hot, humid weather or at high altitudes.

Choose room-temperature water



Ice water constricts the arteries surrounding the stomach, which slows down water absorption.



Drink room-temperature (or slightly cooler) water instead.

Listen to your body



Water intake requirements vary by person and circumstance.



Pay attention to any signs of dehydration.



Respond immediately to thirst cues.



Adjust water intake according to activities and the weather.