

Call 999 or go to A&E if:

- ⇒ You are feeling unusually tired
- ⇒ You are confused and disorientated
- ⇒ You have any dizziness when you stand up that does not go away
- ⇒ You have not had a pee for 8 hours
- ⇒ You feel your pulse is weak or rapid
- ⇒ You have a fit (seizure)

These can be signs of dehydration which need urgent treatment.

Take your child or baby to A&E if they:

- ⇒ Seem drowsy
- ⇒ Are breathing fast
- ⇒ Have few or no tears when they cry
- ⇒ Have a soft spot on their head that sinks inwards
- ⇒ Have a dry mouth
- ⇒ Have dark yellow pee
- ⇒ Have cold and blotchy-looking hands and feet

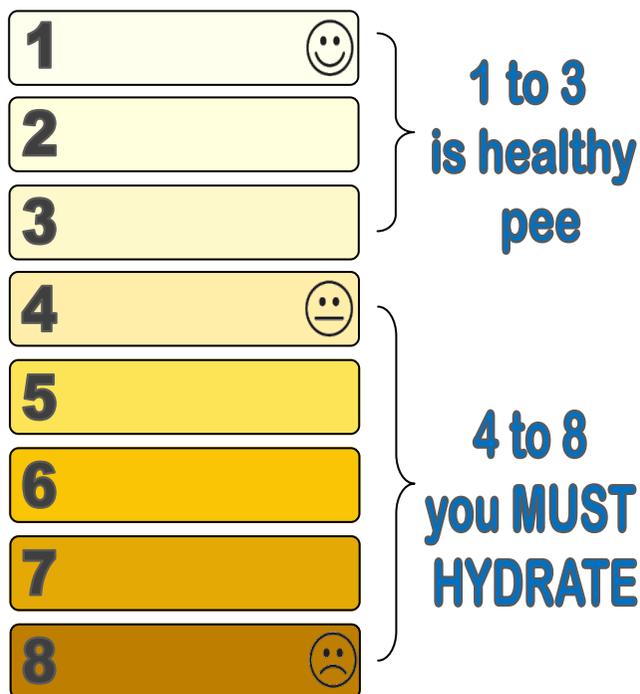


For Advice:

If you cannot speak to your GP and you do not know what to do next
You can call NHS 111

Are you Hydrated?

For good general health you should drink **1.5 to 2 Litres** of fluid per day



All fluids count, except for alcohol!

Choose a drink that you are likely to enjoy and finish

Keeping Hydrated



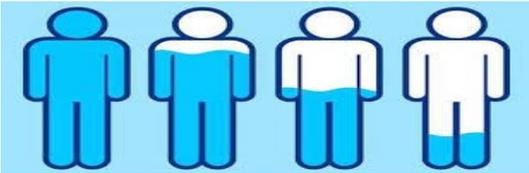
It is important for our health and wellbeing that we keep hydrated



Dehydration

Dehydration is when your body loses more fluid than you are taking in. If it isn't corrected it can become a serious problem.

Babies, Children and the Elderly are more at risk of Dehydration.



Dehydration CHECK:

Symptoms of dehydration in adults and children are:

- ⇒ Feeling thirsty
- ⇒ Dark yellow and strong smelling pee
- ⇒ Feeling dizzy or lightheaded
- ⇒ Feeling tired
- ⇒ Dry mouth, lips and eyes
- ⇒ Peeing little and less than 4 times a day

Dehydration can happen more easily if you have:

- ⇒ Vomiting or diarrhoea
- ⇒ Been in the sun too long (heatstroke)
- ⇒ Drunk too much alcohol
- ⇒ Sweated too much after exercise
- ⇒ A high temperature of 38°C or more
- ⇒ Diabetes

How can you reduce the risk of dehydration?

- ⇒ You should drink enough fluid during the day so that your pee is a pale clear colour
- ⇒ Drink fluids when there is a higher risk of dehydrating; for example, if you are vomiting, sweating or you have diarrhoea
- ⇒ Drink fluids when you feel any dehydration symptoms. Keep taking small sips and gradually drink more if you can
- ⇒ You can use a spoon to make it easier for a child (or an adult) to take fluids

Carers: Making sure the person you are caring for drinks enough.

Sometimes people do not have a sense of how much they are drinking.

To help them:

Make sure they drink both during and between meal times.



Make drinking a social thing like 'having a cup of tea'.

Offer them food with a high water content; for example, soups, ice cream, jellies or fruits like melon.



Under 5's:

Young children can quickly become dehydrated. So plenty of fluids should be given to under 5's to avoid this.

It is recommended that you:

Do:

- ⇒ Carry on breastfeeding or using formula and try to give small amounts more often than usual.
- ⇒ Give small sips of extra water to babies on formula or solid foods.
- ⇒ Give small children their usual diet.
- ⇒ Give regular small sips of rehydration solution to replace lost fluids, salts and sugars.

Do Not:

- ⇒ Make formula weaker.
- ⇒ Give young children fruit juice or fizzy drinks, it makes things like diarrhoea or vomiting worse.

A pharmacist can help with dehydration:

If you are vomiting or have diarrhoea you may be losing too much fluid. You need to put back the sugar, salts and minerals that your body has lost.

Your pharmacist can recommend oral rehydration sachets. These are powders that you mix with water then drink.

See a GP if your symptoms do not improve.