

Topic of the month:

Stay hydrated this summer!

WHO IS AT RISK?



Age

(Older adults have lower ability to conserve water)



Older adults with mobility problems

(limited ability to obtain water)



Chronic illnesses

(e.g. diabetes, kidney disease and dementia)



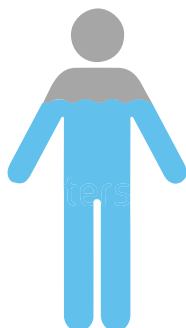
Certain medications

(e.g. water pills or laxatives)



People who work or exercise outside

(in hot and humid conditions)



Dehydration

occurs when we lose more fluid than we take in and our body doesn't have enough water and other fluids to carry out its normal functions.

What are the symptoms of dehydration?

- A dry and sticky mouth
- Thirst
- Dry skin
- Less frequent urination
- Dark-colored urine

Symptoms of severe dehydration:

- Confusion and irritability
- Lack of sweating
- Sunken eyes
- Low blood pressure
- Rapid breathing
- Unconsciousness or delirium

Reduce Your Risk

Stay hydrated

Drink plenty of fluids and eat foods high in water such as fruits and vegetables.



Avoid alcohol and caffeine

They impair your body's ability to retain water.



Prepare for the weather

Avoid daytime outdoor activities and take extra precautions to ensure that you always have a drink of water close at hand.

