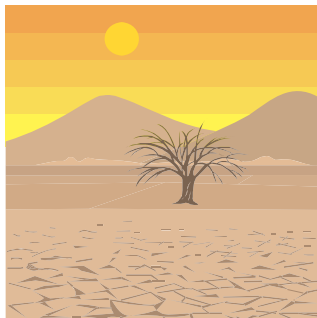


# DEHYDRATION

Information for MFP Participants and Their Caregivers

Money  
Follows the  
Person



**Dehydration is a lack of water or fluid in the body.**

## **Your body needs water for:**

- Normal body functions
- Breaking down medications
- Helping the body use nutrients from foods
- Preventing infection and illness
- Washing away body wastes



## **Causes of Dehydration**

- Illness – vomiting, diarrhea, fever, pain;
- Unable to get water;
- Medication – laxatives, sedatives, anxiety meds
- Doctor’s orders to drink less water
- Drinking too much alcohol;
- Hot, dry indoor air or hot weather;
- Not drinking enough water

## **Symptoms of Mild Dehydration**

Thirst, Dry, sticky mouth  
Less urine  
Weak Muscles  
Headache  
Dizzy or lightheaded  
Constipated

**Treat Mild dehydration by drinking more fluids.**



## **Symptoms of Severe Dehydration**

- Extreme thirst and Very dry mouth
- Cranky or confused
- Sunken eyes
- Shriveled or dry skin with no stretchiness
- No sweating or urine; or dark yellow urine
- Low blood pressure, Rapid heart rate, Fever

**Severe dehydration is a life-threatening *emergency!!!***

Seek **immediate medical care** if you have....extreme thirst, no urine for eight hours, shriveled skin, dizziness or confusion.

## **Call a doctor right away if you:**

- Develop severe diarrhea, with or without vomiting or fever;
- Have been vomiting for more than eight hours;
- Have moderate diarrhea for three days or more;
- Cannot keep fluids down;
- Are cranky/confused and sleepier, or less active than usual.

