

## Stay Heat Healthy By Drinking Enough Fluids

The heat is not just uncomfortable, it can be deadly. Each year, hundreds of people die from heat illness. And all the protection most folks need is a bottle of water or sports drink.

Sweating is your body's air conditioner, but you have to replace the fluid you lose or you will overheat. So how much do you need to drink? It depends on your age and level of activity.

<b>Fluid Facts</b> (source: American Medical Athletic Association)		
When To Consume	Adults	Children
Before Activity:	17-20 oz.	4-8 oz.
During Activity:	7-10 oz every 10 min.	5-9 oz. every 20 min.
After Activity:	24 oz. within 2 hrs.	24 oz. within 2 hrs.

**Sodas and alcohol do not count in these fluid calculations as those drinks do more harm than good.**

To keep track of how many ounces you are drinking try this trick: One adult-size gulp equals one ounce of fluid. For kids, one gulp equals one half-ounce of fluid.

The warning signs of dehydration include:

- headache
- dry lips
- weakness
- nausea
- muscle cramping

If you notice someone becoming disoriented or losing consciousness, seek medical help immediately

## Symptoms of Heat Stroke, Heat Exhaustion and Dehydration

### Symptoms Of Dehydration:

- Dry lips and tongue
- Apathy and lack of energy
- Muscle cramping
- Bright-colored or dark urine

### Symptoms Of Heat Exhaustion Or Heat Stroke:

- Fatigue
- Dizziness
- Nausea or vomiting
- Headache
- Rapid and shallow breathing
- High temperature
- Rapid heart beat
- Decreased alertness or complete loss of consciousness