

## **What are the symptoms of dehydration?**

If you suspect that you or your child is severely dehydrated, seek immediate medical attention. Signs of dehydration in kids include:

- Dry tongue and dry lips.
- No tears when crying.
- Fewer than six wet diapers per day (for infants), and no wet diapers or urination for eight hours (in toddlers).
- Sunken soft spot on your infant's head.
- Sunken eyes.
- Dry, wrinkled skin.
- Deep, rapid breathing.
- Cool, blotchy hands and feet.

Dehydration symptoms in adults may include:

- Headache, delirium and confusion.
- Tiredness (fatigue).
- Dizziness, weakness and lightheadedness.
- Dry mouth and/or a dry cough.
- High heart rate but low blood pressure.
- Loss of appetite but maybe craving sugar.
- Flushed (red) skin.
- Swollen feet.
- Muscle cramps.
- Heat intolerance or chills.
- Constipation.
- Dark-colored urine. Your urine should be a pale, clear color.