



# Preventing Dehydration

Mississippi State University  
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**Water is one of the most important nutrients in our body.**

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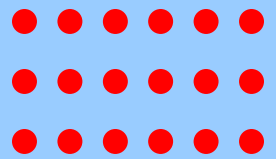
For more information, please visit the Mississippi State Extension Service at

MSUcares.com or contact Dr. Jane Clary, MSU Extension Professor, at:

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Or

662-325-5014.



We use water as well as expend it. In fact just in everyday breathing we lose about two cups of water! If we fail to replenish these losses, we set ourselves up to become dehydrated. Dehydration, if left untreated can lead to heat exhaustion or heat stroke. These symptoms include: fatigue, headache, dizziness, nausea or vomiting, rapid heart beat, and rapid shallow breathing. Dehydration can also lead to constipation and bloating as well.

Adapted from *Preventing Dehydration and Heat Illness* by L. Reilly

Here are some practical tips to prevent you from becoming dehydrated:

- Drink plenty of fluids: it is recommended to consume at least 8- eight ounce glasses of fluid a day
- Sports drinks can encourage active people to drink more fluids because they are flavored and are higher in sodium
- Avoid caffeinated beverages and alcohol: both contain substances that will cause dehydration
- Avoid carbonated beverages because the carbonation may cause bloating or a feeling of fullness and prevent adequate consumption of fluids
- Wear light colored, absorbable, loose fitting clothes
- Stay in cool, shaded areas and protect your skin with sunblock whenever possible.



### Fun Fact:

Water makes up approximately 70% of our muscles, and about 75% of our brains!

### Remember:

- Being aware and prepared is the easiest way to prevent dehydration from occurring.
- On hot humid days, an active person can become dehydrated in just 15 minutes.
- If you experience any of the symptoms listed above, stop the activity and rest in a cool area.
- DRINK FLUIDS to replenish water lost!