

HOW TO STAY HYDRATED



GET
OUR
TIPS

Hot summer days are ahead. Don't let dehydration spoil your summer fun. Learn the signs and how to stay hydrated.

How to Spot Dehydration

When children are outside in the heat and sun, they lose fluids through sweat. If they wait until they are thirsty, then they might be behind in their hydration. Look for these tell-tale signs:

- A decrease in the frequency of urination. Children should go to the bathroom every four to five hours.
- Darker urine
- Dizzy, lightheaded
- Dry lips
- Headache
- Rapid heart rate
- Change in child's behavior

Dehydration Prevention

Drink plenty of fluids. Pretty simple, right? It's recommended that children should drink at least 8 ounces of fluids every two hours if they are playing in the heat.

Not every drink is created equal. Soda, juice and sports drinks have a lot of added sugar. Water, or even flavored water, is best. Another option is fruit that are heavy with water such as watermelon. Fruit popsicles are another way to sneak in extra fluids.

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