

HYDRATION TIPS

IN HOT WEATHER

As the environmental temperature rises, the temperature of our bodies also increases as does the water lost by sweating or perspiration, which is one of the main mechanisms used by the body to cool itself in conditions of heat. This is why in addition to usual water losses (2-3 L/day), additional water lost as sweat must also be replaced when we are exposed to high temperatures.

Signs of dehydration and heat stroke are neither specific nor sensitive, but it is important to learn to recognize them:



SYMPTOMS OF DEHYDRATION

- **MILD** (around 1% of body weight). Symptoms may include: thirst, headache, weakness, dizziness, feeling tired and lethargic.
- **MODERATE** (around 4% of body weight). Symptoms may include: Dry mouth, little or no urine, sluggishness, rapid heartbeat, lack of skin elasticity.
- **SEVERE** (10% or more of body weight). Symptoms may include: Extreme thirst, no urine, rapid breathing, altered mental state, cold, clammy skin. Severe dehydration is a life-threatening medical emergency and can be fatal.

HINTS AND TIPS TO ENSURE PROPER HYDRATION OF THE BODY IN HOT WEATHER

Reduce water loss:

- Avoid going out during the hottest parts of the day and stay in the shade where possible.
- Wear a hat and light clothes.
- Reduce intensity and duration of exercise.
- Avoid badly ventilated places.
- Ask for advice about any medications you are taking if they might increase the risk of dehydration.
- Monitor your weight: in the short term (1-2 days), any weight that is gained or lost is probably water.

Increase fluid intake:

- Drink regularly, at mealtimes and between meals.
- Pay special attention to the needs of the most susceptible people such as the elderly, infants and children and people with reduced mobility.
- Select foods with a high water content such as fruit and vegetables -food typically contributes 20-30% of water consumed.
- Choose a variety of drinks to increase fluid consumption.
- Avoid strong alcoholic drinks.