

## **Jasper School District Wellness Newsletter March 2016**

### Dehydration and Heat Related Injuries

We all know that our body is made up of 75% water. Did you realize that your brain is 80% water and your blood is 92% water?

- ❖ Most people feel thirsty when they are only 1% dehydrated, and 2% dehydration reduces your ability to work! Isn't that crazy? What is even more important to know, long term effects of being dehydrated include kidney and urinary tract infections, constipation, and kidney stones (OUCH!).

How much should we drink? The recommended quantity of water for school aged children is 50-60 ounces daily, but the minimum water intake (in ounces) recommended for adults or children over 100 pounds is your weight divided by 2. When a student takes 3 "gulps" at the water fountain, it is only about 1 ounce. That means they need 60 trips to the water fountain during the day to get the recommended daily amount!!

### Signs of Dehydration and Heat Illness

If dehydration progresses unchecked, the risk of heat illness increases. Heat illness is best understood in three separate degrees of severity: heat cramps, heat exhaustion, and the most serious and deadly form, heat stroke.

Here are the common warning signs:

- Thirst
- Headache
- Muscle Cramping
- Weakness or Fatigue
- Nausea
- Attention deficit
- Feeling dizzy or lightheaded

Treating the symptoms early will help keep the heat illness from progressing to a heat stroke:

- 1) Rest in a cool place
- 2) Consume a sports drink that contains the adequate amount of electrolytes
- 3) Prevent dehydration in the future by consuming fluids before, during and after exercise (educate and allow ample time to rehydrate.)

**Stay Hydrated, My Friends!!**

Source and additional information: [www.kendrickfincher.org](http://www.kendrickfincher.org)