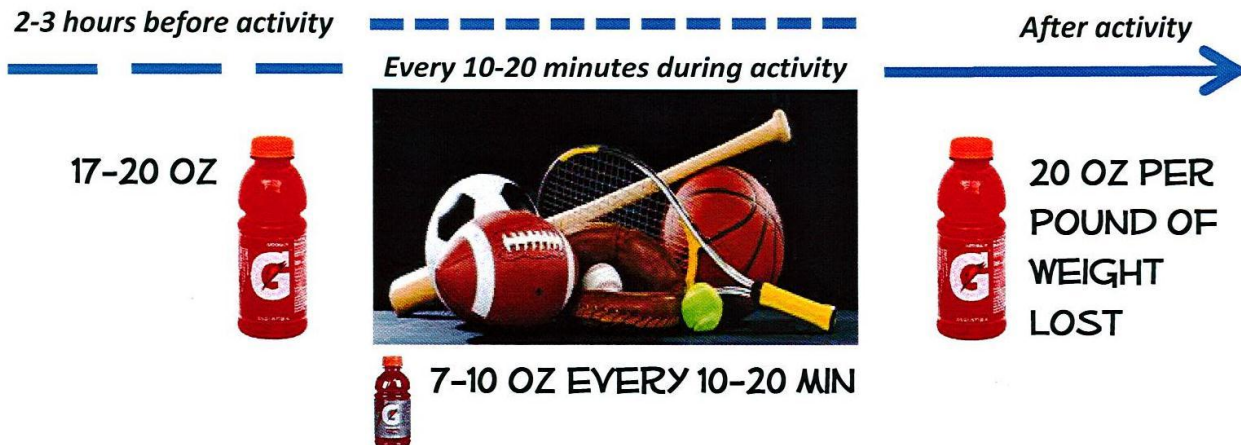


Care Instructions for Dehydration/Instructions to Rehydrate

Your son/daughter is dehydrated. The following are signs and symptoms that may indicate your child is dehydrated:

- Thirst/dry mouth
- Dark or apple-juice colored urine
- Headache
- Irritability
- Pinching the skin on the back of the hand returns to normal form slowly
- Cramps
- Dizziness
- Nausea/vomiting

Dehydration occurs when excess fluid is lost from the body, most often by sweating. Dehydration can be serious and may have far-reaching complications. The best approach to preventing dehydration is to maintain regular consumption of water or sports beverages. At least 2-3 hours before a workout, practice, or competition, your child should consume 12-20 ounces of water or a sports beverage. This will optimize hydration and allow time for excretion of any excess fluid.



Now that your child is dehydrated, it is important that he/she consume 2-3 cups of fluid for every pound of body weight lost (and not replaced) while participating in the workout. If you are unsure of how much weight your child lost during the physical activity, encourage your child to consume fluids and then inspect the color of his/her urine. Urine that is clear or very light yellow in color indicates that your child is well hydrated; urine that is bright yellow or dark indicates dehydration. It is not necessary for your child to intentionally over-hydrate as this can have unwanted and dangerous side effects.

If you have any questions or concerns, please contact your physician or the ECU Sports Medicine Clinic at 101 Heart Drive, Greenville, at 252-744-0181.

AM I HYDRATED?

Urine Color Chart

| | | |
|---|--|-------------------------------------------------------------------------|
| 1 | | |
| 2 | | If your urine matches the colors 1, 2, or 3, you are properly hydrated. |
| 3 | | Continue to consume fluids at the recommended amounts. |
| 4 | | If your urine color is below the RED line, you are |
| 5 | | DEHYDRATED and at risk for cramping and/or a heat illness!! |
| 6 | | YOU NEED TO DRINK MORE WATER! |
| 7 | | |
| 8 | | |