



Dehydration (Low Risk)

Dehydration occurs when your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Dehydration can be mild, moderate, or severe, based on how much of your body's fluid is lost or not replaced. Increasing oral fluid intake can reverse **mild dehydration**. Individuals who can recognize they are thirsty and ask for fluids or obtain fluids on their own are at mild risk for dehydration.

Risks that contribute to dehydration include but are not limited to:

- Sweating too much, for example, from exercising in hot weather
- Fever – especially over 101 degrees
- Increased or constant vomiting or diarrhea
- Urinating too much
- Medications that cause fluid loss
- Older adult
- People with certain diseases, such as uncontrolled diabetes

Symptoms of mild dehydration include but are not limited to:

- Thirst
- Dry or sticky mouth
- Not urinating much
- Darker yellow urine
- Dry, cool skin
- Headache
- Muscle cramps

Outcomes associated with being severely dehydrated include but are not limited to:

- **Shock**
- **Delirium**
- **Organ failure**
- **Death**

Severe dehydration is a life-threatening emergency; Call your health care provider, go to the emergency room, or call the local emergency number (such as 911).

Recommendations: Awareness of risk is important. Be alert to changes that might trigger dehydration and report changes.

References:

Mayo Clinic (2016) Dehydration. Retrieved from: <http://www.mayoclinic.org/diseases-conditions/dehydration/home/ovc-20261061?p=1>

U.S. National Library of Medicine. (2015) Dehydration. Retrieved from: <https://medlineplus.gov/ency/article/000982.htm>

New York Times (2016). Health Guide: Dehydration. Retrieved from: <http://www.nytimes.com/health/guides/disease/dehydration/overview.html>

Please note: this information is not intended to replace the advice of a doctor or NP. Always seek the advice of your physician or other qualified health providers with any questions about your medical condition.