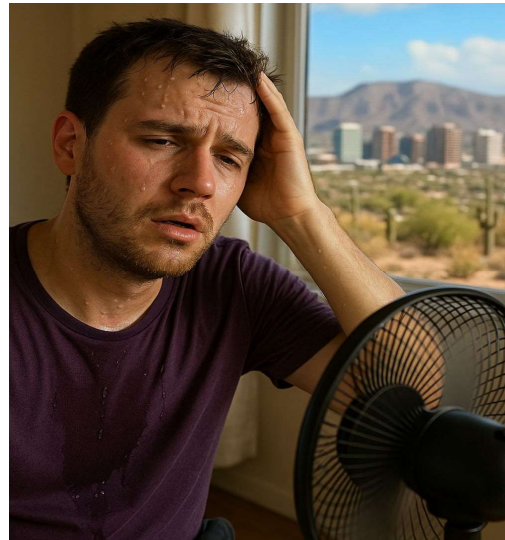


◆ First Aid for Dehydration (Adult)

Dehydration occurs when the body loses more fluid (and sometimes salts) than it takes in. Mild dehydration can often be treated at home. Look out for early signs and act quickly — restore fluids and electrolytes, move to a cool place, and seek medical care when needed.

⚠ Common Causes of Dehydration

- Hot weather and heavy sweating
- Vomiting or diarrhea
- Fever
- Inadequate fluid intake (especially in older adults)
- Excessive alcohol use or diuretics
- Prolonged physical activity without rehydration



🕒 Early Signs & Symptoms

- Increased thirst and dry mouth
- Dark yellow or reduced urine output
- Dizziness, lightheadedness, or weakness
- Fatigue and headache
- Rapid heartbeat or low blood pressure (feeling faint)
- Sunken eyes or dry skin

✓ First Aid — What To Do Immediately

- Move the person to a cool, shaded area or indoors.
- Encourage small, frequent sips of water or an oral rehydration solution (ORS).
- If available, use a commercially prepared ORS (contains salts + glucose) — it's preferable for moderate dehydration.
- Loosen tight clothing, lay the person down with feet slightly elevated if faint, and keep them warm if they're shivering.
- Avoid giving large amounts of plain water at once to someone who is vomiting — give small sips as tolerated.



🔔 When To Seek Medical Help

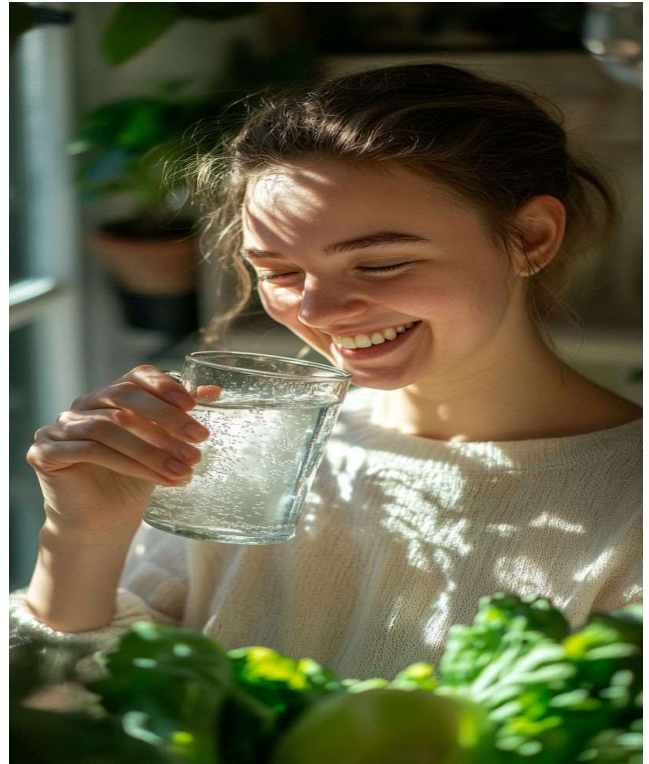
- If the person is very drowsy, confused, or difficult to wake.
 - No urine for 8 hours, or very dark urine despite drinking fluids.
 - Rapid heartbeat, fainting, very low blood pressure.
 - Severe vomiting or diarrhea that prevents keeping fluids down.
 - Infants, young children, elderly people, or those with chronic illness — seek care earlier.
 - If symptoms worsen despite oral rehydration — medical staff may need to give IV fluids.
-

Preventing Dehydration

Prevention is easier than treatment: keep fluids and electrolytes balanced, especially in hot weather, during illness, and when exercising.

◆ Drink Regularly

- Sip water throughout the day — don't wait until you're very thirsty.
- Use rehydration drinks (ORS, sports drinks) during heavy sweating or diarrhoea — ORS is best for fluid + electrolyte replacement.
- For long exercise sessions, include drinks with electrolytes, or plan scheduled water breaks.
- Avoid excessive caffeine or alcohol when dehydrated — they can increase fluid loss.



Reduce Heat & Sweat

- Limit strenuous activity in hot, humid conditions.
- Wear light, breathable clothing and a hat in direct sun.
- Take frequent breaks in the shade or indoors with airflow.
- Use fans or air conditioning where possible.

Watch Vulnerable People

- Check infants, young children and older adults for signs of dehydration during heatwaves or illness.
- Offer fluids frequently to those who may not notice they are thirsty.
- If a person is on diuretics or certain medications, consult a healthcare professional about fluid needs.



Treatment & Medication

Rehydration is the core treatment. Medicines do not stop dehydration — they may treat the cause (e.g., anti-diarrheal under medical advice) but fluids and electrolytes are essential.

◆ Home & Medical Treatments

For mild dehydration: drinking water and ORS (oral rehydration solutions) usually works well. For moderate to severe dehydration, medical staff may provide intravenous (IV) fluids and electrolytes. If dehydration is due to an underlying illness (severe infection, uncontrolled diabetes), that condition must be treated as well.