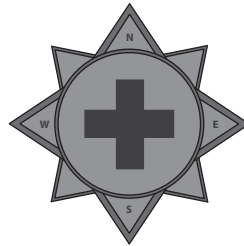


SIGNS OF DEHYDRATION

It may not sound like a huge deal, but dehydration can be a killer...literally a killer. And it doesn't just happen in the summer, it can happen any time of the year. In fact, in the winter, if you are active outside, the cold dry air can dry you out faster than you realize. So staying hydrated is very important for your health.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

For the next two weeks, monitor your body for signs of dehydration and drink more water, according to your parent's direction. You'll notice it's easier to get dehydrated than you may have realized.

LEVEL E

PERIOD 1

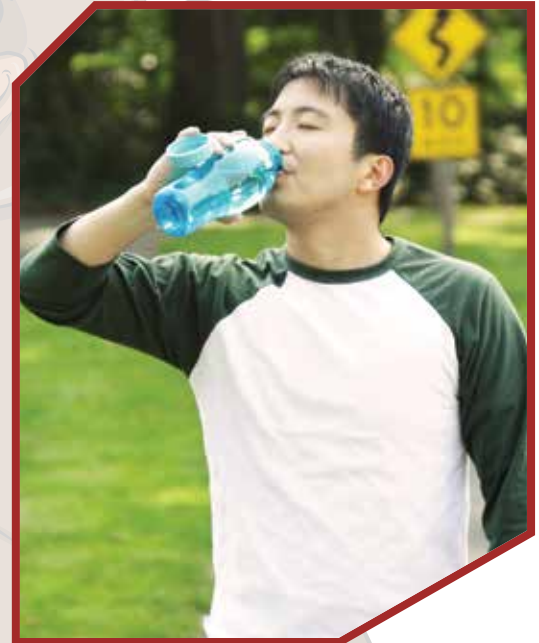
TASK 2

Dehydration can show itself in many ways, such as the following symptoms:

- Feeling thirsty is your first sign, your body will let you know.
- Dry mouth, and a bad taste in your mouth.
- Feeling lethargic or sleepy.
- Decreased urination, low volume and discolored, see chart below.
- Headache
- Dry skin
- Dizziness

Probably the easiest way to see that there is an issue and act on it is urine color.

Look at the chart below and look for these signs:



1		Good hydration, Keep up the good work
2		
3		
4		Mild Dehydration
5		
6		Moderate Dehydration
7		
8		Severe Dehydration

2