

# Stay hydrated... Stay safe

## Preventing dehydration and heat stroke

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The summer months are full of sun, excitement, adventure and heat. Though many of us enjoy summer activities such as hiking, biking, and running, high temperatures increase our chances of becoming dehydrated or suffering heat stroke. Dehydration and heat stroke can be prevented with the proper preparedness. Before enjoying a little “fun in the sun,” grab a water bottle and review a few safety tips.

### Replenish Fluids Regularly:



Drink water before, during, and after physical activities. In high temperatures, keep a water bottle with you and try to drink at least every 15 to 20 minutes.

### Avoid Alcohol and Caffeine:



Caffeinated drinks may cause you to dehydrate faster. Likewise, alcoholic beverages may increase dehydration and inhibit the ability to behave responsibly.

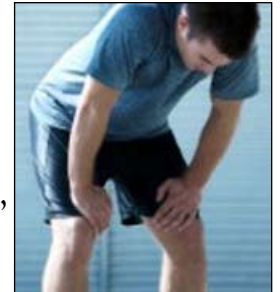
### Be Aware of Electrolytes:

Sodium, potassium, chloride, and bicarbonate enable our bodies to function properly. In increased temperatures our bodies may lose some of these essential chemicals. Drink sports drinks containing electrolytes when exercising vigorously in high heat. Keep in mind sports drinks are high in calories and should be watered down or minimized unless exercise is particularly strenuous.



### Pay Attention to Your Body's Warning Signs:

Fatigue, dizziness, and lightheadedness are all signs that your body needs a break. If you or someone else experiences high blood pressure, absence of sweating, rapid pulse, belabored breathing, hallucinations, confusion, agitation, disorientation, seizure and/or coma, dial 911 immediately.



For more information visit:

[www.webmd.com](http://www.webmd.com)

[www.medicinenet.com](http://www.medicinenet.com)

Thanks to Ariel Carolin for article development.



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Community Health Centers

6/2011

#### 11 locations to serve you:

- Bethel Family Health Center – Bethel
- Bingham Area Health & Dental Center – Bingham
- Belgrade Regional Health Center – Belgrade
- Lovejoy Health Center – Albion
- Madison Area Health Center – Madison
- Mt. Abram Regional Health Center – Kingfield
- Richmond Area Health Center – Richmond
- Rangeley Family Medicine – Rangeley
- Strong Area Health & Dental Center – Strong
- Sheepscot Valley Health Center – Coopers Mills
- Western Maine Family Health Center – Livermore Falls