

Vomiting, Diarrhea and Dehydration

Excessive vomiting or diarrhea can deplete the body of its normal fluid, and can result in dehydration. Dehydration can become a serious medical condition if not treated immediately and appropriately. Dehydration can be very serious for children and the elderly.

Symptoms of Dehydration:

- Thirst
- Less frequent urination
- Dark-colored urine
- Dry skin
- Fatigue
- Irritability
- Light-headedness
- Inability to sweat
- Dry mouth

For infants and children:

- The above plus
- No tears when crying
- Crankiness
- Sunken cheeks or eyes
- Fever

What can I do?

- Take in as much fluid as possible
- Drink plenty of water
- Try sipping small amounts frequently
- Try oral rehydration products like Gatorade and for children, try: Ceralyte, Infalyte, Pedialyte
- Seek shade or air-conditioning to stay cool
- Try liquid replacement meals
- Avoid sugar based drinks such as sodas and juices
- Get plenty of rest
- Eat bland foods such as toast, bananas, applesauce
- Consult with a Physician if symptoms persist or worsen

