

DEHYDRATION

What you need to know.



Dehydration occurs when your body doesn't have enough of the water and fluids it needs to work properly. This happens when you don't drink enough, or when you sweat a lot, have a fever, vomit, have diarrhea or urinate too much.

What are the signs and symptoms of dehydration?*

Signs and symptoms of dehydration can range from minor to severe and could include:

- › Dry mouth
- › Muscle cramps
- › Confusion
- › Headache
- › Low blood pressure
- › Rapid heart rate
- › Dizziness or fainting**
- › Not urinating much or dark yellow urine

Treating dehydration

When dehydration is noticed and treated quickly, the outcome is usually good. You should call 911 if the person:*

- › Has passed out
- › Is not alert, becomes confused or has a seizure
- › Has a fever over 102°F
- › Has a rapid pulse or rapid breathing
- › Isn't getting better or is getting worse with treatment

Here are some common treatments:*

- › For mild dehydration, try sipping small amounts of water or sucking on ice cubes.
- › Drink water or sports drinks. You can also make popsicles out of sports drinks or juices.**
- › Talk to your doctor about what you should eat if you have diarrhea.
- › For moderate to severe dehydration, IV fluids and a hospital stay may be needed. While there, your doctor will try to find and treat the cause.

Together, all the way.®



*National Institutes of Health/U.S. National Library of Medicine. "Dehydration."
<https://www.nlm.nih.gov/medlineplus/ency/article/000982.htm> (last updated March 2, 2016).

**WebMD. "Dehydration in Adults." <http://www.webmd.com/a-to-z-guides/dehydration-adults> (accessed February 10, 2016).



This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

852926 a 05/16 © 2016 Cigna. Some content provided under license.