



Stay Hydrated!



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DEHYDRATION – occurs when you use or lose more fluid than you take in, and your body does not have enough water and other fluids to carry out its normal functions.

CAUSES – You can lose more water than usual due to:

- Medical reasons ... fever, diarrhea, vomiting, sore throat
- Natural reasons ... excessive sweating (physical exertion)
- Medication side-effect reasons ... Urinate a lot (diabetes and some medications like water pills)
- Self-induced reasons – alcohol consumption, not drinking enough water or fluids

SYMPTOMS –

- Signs of *mild or moderate* dehydration include:
 - Thirst
 - Dry or sticky mouth
 - Not urinating every much
 - Dark yellow urine
 - Dry, cool skin
 - Headache
 - Muscle cramps

- **Signs of *severe* dehydration** including the list above:

Feeling dizzy
Rapid heartbeat
Rapid breathing
Lack of energy
Confusion
Irritability
Fainting

Know the signs of dehydration for yourself and your fellow colleagues. As your fire service and fire training activities ramp up, becoming a victim of dehydration is more pronounced now than ever in the past. Your training sessions started in the heat of the summer, you are experiencing the hottest and most humid part of the season, and naturally your body requires more hydration. If you are not hydrated properly you are not able to cool down your body temperature effectively. At this point dehydration is kicking in.

PREVENTION

– The most important step to prevent dehydration is to consume plenty of fluids and foods high in water content.

The go to list:

Water
Clear broth (I know, not the most exciting, but it has ‘taste’)
Frozen water (with fruit) or ice pops
Sports drinks
Fruit (all varieties of melon, grapes, berries, peaches, citrus fruit, pineapple, mango, tomatoes, etc.)
Vegetables (all leafy greens, carrots, celery, peppers, cucumbers, the list is endless)

Try to avoid:

Diuretic drinks (coffee, tea, soda, alcohol)

Yes, **FDMNY** is aware you most likely know about this information provided in this PSA, but we have seen an increase in claims due to dehydration since fire districts have re-instituted training and additional firefighting activities. ***We are here to support you and the District you represent, we will continue to provide you with tips to keep you healthy and strong, so you continue to provide superior service to your community.***

Thank you from all of us at **FDM.**

