

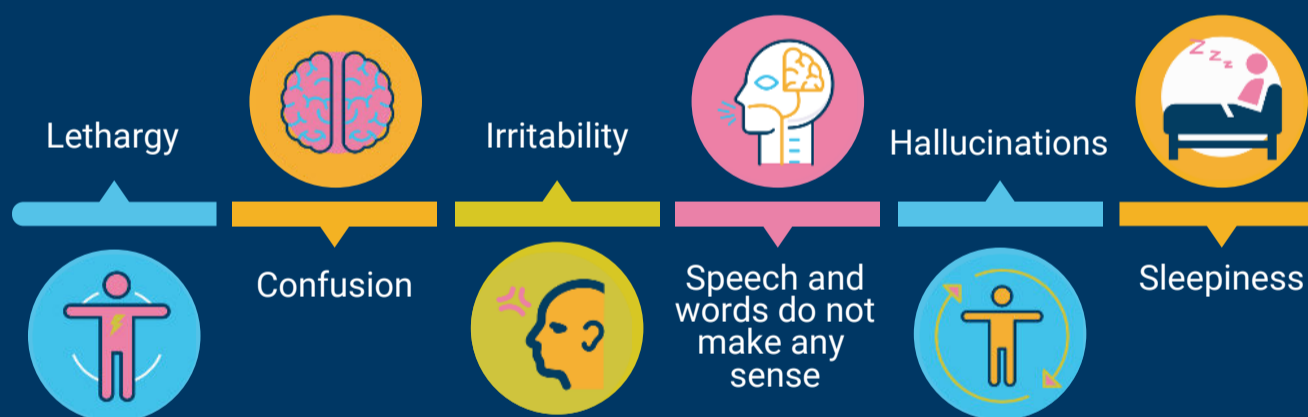


Rehydration

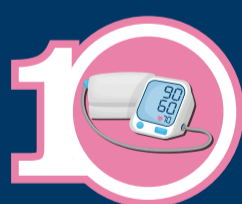
Step 1 - Physical Signs of Dehydration



Step 2 - Mental and Emotional Sign of Dehydration



Step 3 - Serious Signs of of Dehydration



Low Blood Pressure



Dizziness



Weak but rapid pulse



Fainting



Severe Headache

**FOR STEP 3 SIGNS
DON'T DELAY, SEEK HELP STRAIGHT AWAY**

Remember

- Have drinks readily available
- Offer drinks at regular intervals
- Be inventive in how else you can offer fluids, e.g. ice lollies, soups, smoothies
- Monitor those at highest risk of dehydration and, if showing signs, act immediately
- Use activity sessions to promote fluid intake, making non-alcoholic cocktails, juicy fruit desserts etc.