



# THE NEBRASKA WING SAFETY BULLETIN

JULY 27, 2024 \* PAGE 1 OF 1



## DEHYDRATION



### PLEASE NOTE

**We have recently experienced cases of dehydration among some of our CAP members. Several have had to have medical attention.**



#### WATER AND US

Our human body is 45-60 percent water. That water is absolutely essential for the maintaining of multiple body functions including, but not limited to, temperature regulation.

Unfortunately we have had a number of members experiencing dehydration events recently.

Let's be each other's wingman and ensure that we all stay healthy under the sun. I would recommend commanders review this bulletin with their seniors and cadets. And we still have more of the normal summer heat to go.



#### FOR OUR SENIOR SENIORS

As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems are compounded by chronic illnesses.

- Mayo Clinic



What is **NOT** helpful?

Juices, soda, sports drinks, energy drinks, and coffee.

## 9 MILD-TO-MODERATE DEHYDRATION SIGNS AND SYMPTOMS

These are early signs and symptoms of dehydration. If you or your child exhibit any of these, be sure to take steps to rehydrate right away.

#### Signs and symptoms of Mild-to-Moderate Dehydration:

- |                             |  |
|-----------------------------|--|
| 1 Thirst                    | 6 Dry mouth  |
| 2 Lips feel dry             | 7 Headache   |
| 3 Skin is flushed           | 8 Muscle cramps  |
| 4 Feeling tired or fatigued | 9 Feeling like you're getting sick (e.g., sore throat and "stuffy" head) |
| 5 Irritability              |  |

If you experience any of the following symptoms of severe dehydration, get medical help right away.

#### Signs and symptoms of Severe Dehydration:

- |   |                    |
|---|--------------------|
| 1 Extreme thirst                          | 5 Fainting         |
| 2 Lack of urination or dark-colored urine | 6 Very dry skin    |
| 3 Dizziness                               | 7 Rapid breathing  |
| 4 Confusion                               | 8 Rapid heart rate |