



THE NEBRASKA WING SAFETY BULLETIN

APRIL 23, 2025 * PAGE 1 OF 1



DEHYDRATION



PLEASE NOTE

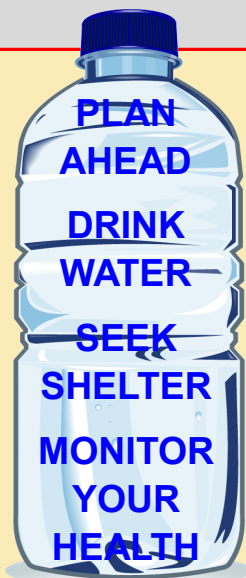
Previously we have experienced cases of dehydration among some of our members. Several have had to have medical attention. Don't become a statistic.

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 in the past.

Let's be each other's wingman and ensure that we all stay healthy under the sun. I recommend that commanders review this bulletin with their seniors and cadets. As of this writing, the summer heat has only just begun.



...and watch your wingman.

FOR OUR SENIOR SENIORS



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

- Ref: Mayo Clinic



What is **NOT** helpful?

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

Ref: Dr. Tricia Pingel

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 |