



Signs of Dehydration

Bad Breath

Saliva has antibacterial properties, but dehydration can prevent your body from making enough saliva. If you're not producing enough saliva, you can get bacteria overgrowth in the mouth, and one of the side effects of that is bad breath.

Dry Skin

As you go through various stages of dehydration, you eventually get very dry skin. Skin may appear flushed as well. When pinched, the skin of a dehydrated person may remain "tented" and take some time to return to its normal, flat appearance.

Muscle Cramps

Dehydration is only one potential cause of muscle cramps, but it's one worth considering if you get cramps while exercising or carryout intensive work, particularly in hot weather. Changes in the electrolytes, such as sodium and potassium, can lead to muscle cramping. Even in cooler weather, dehydration is possible if you don't drink enough fluids while working.

Fever and Chills

If your body is severely dehydrated, you may experience fever and chills. Fever, in turn, can worsen dehydration, and the higher the fever, the more dehydrated you may become.

Food Cravings

When you're dehydrated, it can be difficult for organs like the liver to release energy stores, so you can get cravings for food. While you can crave anything from chocolate to a salty snack, cravings for sweets are more common. Your body can confuse the feeling of thirst with hunger, so you may feel hungry when all you need is water.

Headaches

Even mild dehydration can cause a dehydration headache and even trigger a migraine headache. Since it's often not clear what is causing a headache, drinking a full glass of water and continuing to sip more fluids during the day is an easy way to ease your pain if, in fact, dehydration is contributing to it.

Tips for Staying Hydrated

It is recommended that most women have 2.7 litres of water a day (or about 12 cups), and most men have 3.7 litres a day (or about 15 cups).

- Keep your water bottle handy.
- Try different teas (sugar free is best)
- Swap dry snacks like crisps, pretzels, and crackers with fresh or frozen fruit or yogurt.
- Aim to make half your plate vegetables or fruit at meals. All those vegetable and fruit servings will supply water as well as a hearty dose of vitamins, minerals, and fibre
- Sip more during meals. Sipping water with meals will help you eat more slowly, pace eating, and stay hydrated.

Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

