

Help your child stay hydrated while being active!

- Give 12 ounces of water 30 minutes before activity begins.
- Have your child drink at least 10 gulps of water every 20 minutes during activity.
- Remind your child to keep drinking at least 10 gulps of water every 20 minutes during the first hour after activity.



Know the signs of dehydration and act fast.

- Thirst
- Headache
- Irritability
- Weakness
- Decreased performance
- Dry or sticky mouth
- Muscle cramping
- Extreme fatigue
- Dizziness

Don't ignore these signs. Move your child to a cool place, give lightly salted water, raise the legs about 8 inches and sponge the head, face and trunk with a cool, wet cloth. Have your child avoid physical activity for the rest of the day. In case of emergency, call 911.

