

Dehydration, Heat Exhaustion and Heatstroke – from [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

DEHYDRATION	
Signs of Dehydration	Action to take
<ul style="list-style-type: none"> feeling thirsty dark yellow and strong-smelling pee feeling dizzy or lightheaded feeling tired a dry mouth, lips and eyes peeing little, and fewer than 4 times a day 	<ul style="list-style-type: none"> Drink fluids when any dehydration symptoms. If people find it hard to drink because they feel sick or have been sick, start with small sips and then get them to gradually drink more. You can use a spoon to make it easier for a child to swallow the fluids. Drink enough during the day so your pee is a pale clear colour. Drink more when there's a higher risk of dehydrating. See a GP if symptoms do not improve with treatment
CALL 999 or go to A&E if:	
Someone else / You: <ul style="list-style-type: none"> Is / are feeling unusually tired is / are confused and disorientated has / have any dizziness when they stand up that does not go away has / have not peed all day has / have a pulse that is weak or rapid has / have fits (seizures) <p style="text-align: center;">These can be signs of serious dehydration that need urgent treatment.</p>	
Take a baby or child to the GP urgently or go to A&E if they:	
<ul style="list-style-type: none"> seem drowsy breathe fast have few or no tears when they cry have a soft spot on their head that sinks inwards (sunken fontanelle) have a dry mouth have dark yellow pee or have not had a pee in last 12 hours have cold and blotchy-looking hands and feet 	
HEAT EXHAUSTION	
Signs of Heat Exhaustion	Action to take
<ul style="list-style-type: none"> a headache dizziness and confusion loss of appetite and feeling sick excessive sweating and pale, clammy skin cramps in the arms, legs and stomach fast breathing or pulse a high temperature of 38C or above being very thirsty 	<p>Person needs to be cooled down: Follow these 4 steps:</p> <ol style="list-style-type: none"> Move them to a cool place. Get them to lie down and raise their feet slightly. Get them to drink plenty of water. Sports or rehydration drinks are OK. Cool their skin – spray or sponge them with cool water and fan them. Cold packs around the armpits or neck are good, too.
The symptoms are often the same in adults and children, although children may become floppy and sleepy.	Stay with them until they're better. They should start to cool down and feel better within 30 minutes .
HEATSTROKE - CALL 999 if:	
You or someone else have any signs of heatstroke: <ul style="list-style-type: none"> feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water not sweating even while feeling too hot a high temperature of 40C or above fast breathing or shortness of breath feeling confused a fit (seizure) loss of consciousness not responsive 	
<p>Heatstroke can be very serious if not treated quickly. Put the person in the recovery position if they lose consciousness while you're waiting for help.</p>	