

'Common signs and symptoms of dehydration' Activity

Thirsty	Dry eyes that are unable to produce tears
Tired	Sunken eyes
Concentrated urine (dark yellow or strong smelling wee)	Dry skin that sags slowly back when pinched
Urinate less often and only produce small amounts of wee	Confusion
Headache	Lack of balance/ co-ordination/unsteadiness
Irritable	Cold hands and feet
Dizzy or light-headed	Rapid heart rate
Lacks concentration or can't think clearly	Weak pulse/low blood pressure
Forgetfulness or short-term memory loss	Seizures (fits)
Loss of strength or stamina	Loss of consciousness
Dry lips and mouth	Death