

SIGNS AND SYMPTOMS OF DEHYDRATION AND HEAT ILLNESS

DEHYDRATION

- Thirst
- Headache
- Dizziness
- Dry Skin
- Fatigue
- Light-headednessConfusion
- Dry Mouth
- Less Frequent Urination, Dark Yellow Urine
- Muscle Cramps
- Diminished Performance

HEAT ILLNESS

- Stomach Cramps
- Loss of Coordination
- Fainting
- Profuse Sweating
- Pale Skin
- Nausea
- Vomiting
- Diarrhea
- Along with the signs and symptoms of Dehydration