

### 1. Introduction

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions

### 2. Causes

Dehydration is caused by not drinking enough, Fluid is lost through sweat, tears, vomiting, fever, urine or diarrhoea. The severity of dehydration can depend on a number of factors, such as climate, level of physical activity and diet

### 3. Symptoms

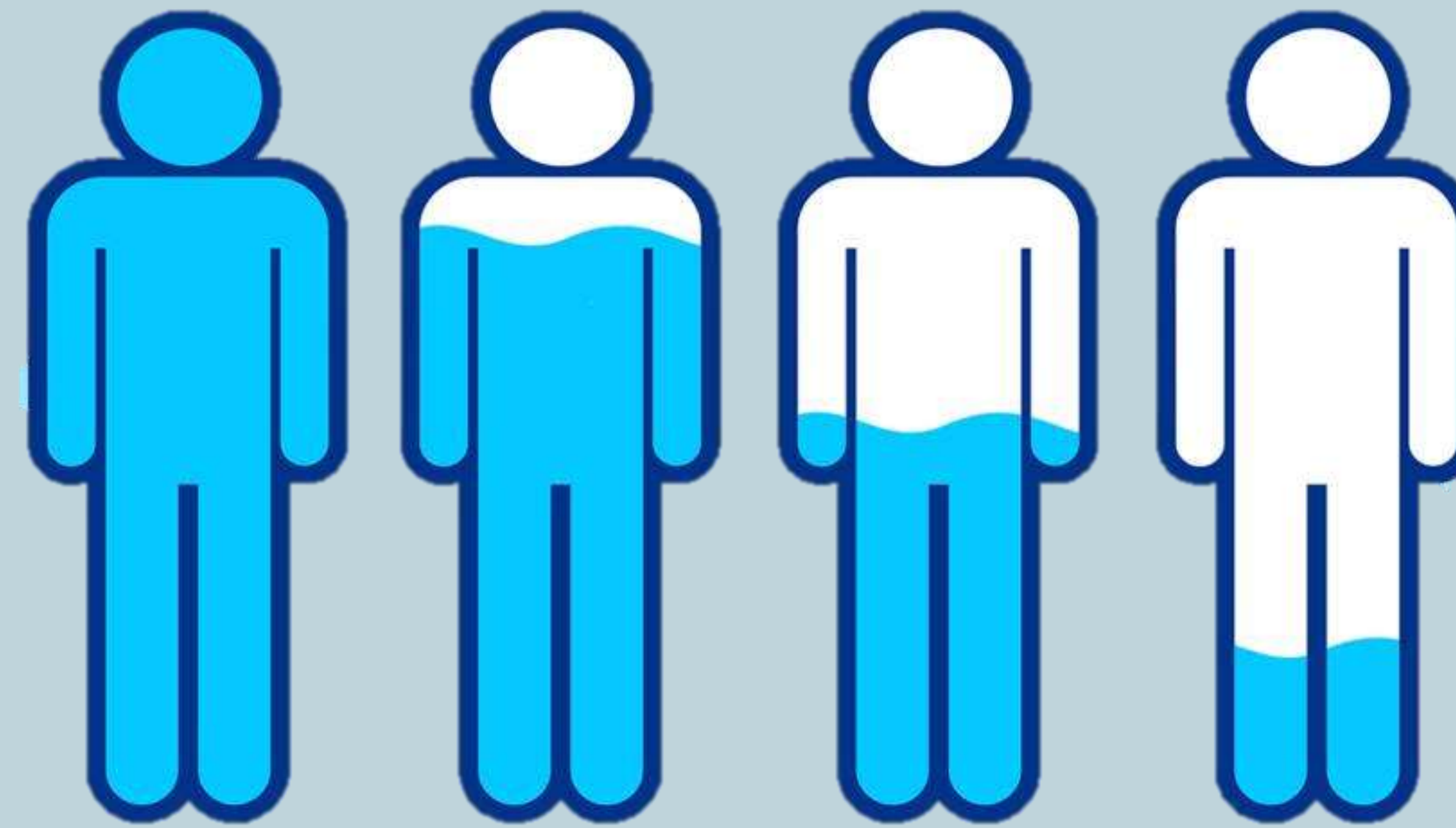
Symptoms of dehydration also may differ by age.

#### Infant or young child

No tears when crying and No wet diapers for three hours

#### Adult

Less frequent urination, Dark-colored urine, Fatigue, Dizziness and Confusion



### 7. Reference

- <https://www.webmd.com/a-to-z-guides/dehydration-adults>
- <https://www.medicalnewstoday.com/articles/153363>

### 4. Complication

- heat injury
- urinary and kidney problems
- Seizures
- low blood volume
- shock(hypovolemic shock)



### 5. Treatment

Dehydration must be treated by replenishing the fluid level in the body. Some dehydration patients, however, will require intravenous fluids in order to rehydrate. People who are dehydrated should avoid drinks containing caffeine such as coffee, tea.

### 6. Conclusion

Dehydration can impact the health, energy intake, weight and human performance and functioning, water represents a critical nutrient whose absence will be lethal within days Therefore, a person must drink from 3 to 4 liters of water a day