CARE 1995; CMalcolm Linton Dehydration	If someone offered you a medicine that could cure or prevent many sicknesses, would you be interested? For most of us, drinking plenty of water would be better than a medicine.
CGC/Sabbath School Department; @Corbis	Did you know that your body is nearly 70% water? ¹ We can live only a few days without it. Today we want to talk about—the importance of keeping plenty of water in our bodies.
Chris Brevie	We lose water every day in our sweat, urine, stools, and even from breathing. Because of this we need to drink water to make up for what we lose. If we don't do this we will become dehydrated , which means that our bodies will be too dry, with too little water.
CStanford/PNGMP	Dehydration can be very dangerous, especially in children . It kills many people every day.
What can cause dehydration?	What can cause dehydration?
CPanorama Productions What can cause dehydration? •Neglecting to drink water	 Neglecting to drink water Probably the most common cause is simply that we don't drink enough water. By the time you are thirsty, your body already has too little water.

Cchris Brevie What can cause dehydration? • Neglecting to drink water • Much sweating	• Much sweating It is normal to sweat, especially in hot climates. But the water lost must be replaced.
CGcorge Sedupane What can cause cause Auge and a sedupane Bug and a se	• Diarrhoea or vomiting Having many loose stools or much vomiting, removes a lot of fluid or water from the body. That water must be added back by drinking.
CWHO/Pierre Virot What can cause dehydration? • Negetcuing to drink water • Much sweating • Diarrhoea or vomiting • Too sick to eat or drink	• Too sick to eat or drink Sometimes when we are sick we don't feel like drinking anything. But we should not depend upon feelings; drinking water, even if we can only take little sips, is important to our healing.
CViriato Ferreira What can cause dehydration? • Neglecting to drink water • Meglecting to drink water • Diarrhoea or vomiting • Diarrhoea or vomiting • Diarchoea or vomiting • Diabetes	 Diabetes People who have diabetes often pass a lot of urine. This can make them dehydrated more easily. If we want to be healthy and not have our body become dry, we need to drink plenty of water.
Cinter American Development Bank Recognizing Dehydration	How can we know if a person is dehydrated? These are the main signs: ^{2 3}
©WHO/TDR/Crump Recognizing Dehydration	• Thirst

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Cchris Brevie Recognizing Dehydration - Thirst - Little urine - Little urine - Little urine - Little urine	• Little or no urine (dark yellow)
Cinter American Development Bank Recognizing Dehydration - Thirst - Dry mouth -	• Dry mouth (and)
CPanorana Productions Recognizing Dehydration - Thirst - Uittle urine - Driw mouth - Sudden loss of weight	• Sudden loss of weight
Additional Signs	As the sick person continues to lose more liquid and does not drink enough water there are additional signs:
CViriato Ferreira Additional Signs • Eyes sunken	• Eyes become sunken and dry
Cinter American Development Bank Additional Signs • Eyes sunken • Feel sleepy	Person becomes sleepy or drowsy

CJerilyn Ah Sam Additional Signs • Eyes sunken • Feel slep? • Skin response slow	 Skin goes back slowly when pinched (especially on children)
CWildwood Lifestyle Center Additional Signs - Eyes sunken - Feel sleep? - Stoft spot goes inwards	 (and in babies the) Soft spot (on top of the head) goes inwards
CWorldbank	When one is vomiting or has diarrhoea, dehydration can become quite serious.
CHU/CCP Preventing Dehydration	Dehydration can quickly lead to death , especially in small children. For this reason we must do all we can to prevent it.
CFAO/A. Cont Preventing Dehydration • Act quickly	Act quickly!
CWHO/TDR/Crump Preventing Dehydration • Act quickly • Give lots of liquids	Give lots of liquids to drink

CMalcolm Linico Preventing Dehydration - Art guiedts of liquidat - Orntinue breastfeeding	 Continue breastfeeding (if your baby has Diarrhoea or vomiting)
CWildwood Lifestyle Center	Watery stools aren't just water. They have some sugar and salts mixed with them. Because of this, when a person has Diarrhoea, the best drink is water with a little bit of sugar and salt mixed in. This is called a "Rehydration Drink" The water, sugar and salt all help to bring the body back into balance.
Rehydration Drink	It is very easy to make a Rehydration Drink at home.
CHemera Technologies Rehydration Drink I Water	Mix together: • One liter of clean water
CJerilyn Ah Sam Rehydration Drink 1/2t Sait 1 Water	• Half a level teaspoon of salt and
CJerilyn Ah Sam Rehydration Drink 1/2t Salt 1L Water Bt Sugar	• 8 level teaspoons of sugar or molasses

Chris Breve	If you can, add half a cup of coconut water, orange juice or mashed ripe banana to each liter. ⁴ These all have a lot of potassium, one of the salts lost in vomiting and diarrhoea.
CAdventist Frontier Missions	This drink can be made differently depending on what is available. ⁵ You can use any of the following cereals instead of the sugar:
CCorbis CHemera Technologies	• Powdered rice
Chemera Technologies; Clerilyn Ah Sam Other Alternatives • Maize flour • Maize flour	• Maize flour (mealie meal-finely ground)
CCorbis Cher Alternatives Powdered rice Mize flour Wheat flour Mize flour	• Wheat flour
CCorbis Other Alternatives • Powdered rice • Maize flour • Wheat flour • Sorghum flour	• Sorghum flour (or)

• Cooked and mashed potatoes

If you use a cereal, each of the eight spoons must be heaped; and remember to add half a teaspoon of salt.



©Hemera Technologies: ©Jerilyn Ah Sa

©Hemera Technologies; ©Jerilyn Ah Sam

Cereal Rehydration Drink

©Wildwood Lifestyle Center

Other Alternatives • Powdered rice • Maize flour • Wheat flour • Sorghum flour • Cooked and

After mixing everything, the drink must be boiled for 5-7 minutes to form a soup or watery porridge. Cool it before drinking.



The prepared drink should be kept in a cool place and covered to protect it from flies and dust.



Use the fluid on the day it is prepared. Throw away any leftover drink from the day before.



"Rehydration drink" packets may also be available at your clinic. You should use it as soon as someone has watery diarrhoea.

Chacolin Linton	If you can't make "Rehydration Drink," and your clinic does not have the packets, drink:
Other Drinks •Clean water	Clean water
Clerilyn Ah Sam Other Drinks • Clean water • Thin soup	Thin soup (or)
Oterilyn Ah Sam Other Drinks •Clean water •Thin soup •Weak teas	Weak teas (make sure it is not a tea for constipation)
CBernhard Heiser/asiaphoto.de	Sweet drinks like Coca-Cola, Seven-Up and Fanta are not the best because they have too much sugar.
How much to drink?	If you have diarrhoea, how much should you drink to prevent dehydration? Give as much as the person can take.

A large person needs three or more liters a day. ©Panorama Production A small child usually needs at least one liter a day, or one glass for each watery stool.⁶ If vomiting, take little amounts every 5-10 minutes day and night. Sips every 5-10 minutes Large amounts may make vomiting worse. For children give 2-3 small spoonfuls from a cup, wait five minutes, then give some more. Even if the person vomits don't stop giving the drink. Many people think that all foods should be avoided during diarrhoea, because foods will make the diarrhoea worse. This is wrong. The body needs food to replace what is lost.⁷ Foods such as bananas, apples, potatoes, and cooked rice or maize can be safely given. If a child with diarrhoea is breastfeeding, continue. Breast milk is safe, clean, and nourishing. Drinks of rehydration liquid should be



If dehydration gets worse at any time, even with treatment, **go for medical help.**

given between breastfeeding.⁸



As we can see, water is vital to prevent the dangers of dehydration. Train yourself and your family to enjoy drinking lots of water when they are well and also when they are sick.



The Bible uses water to teach both physical and spiritual lessons. To those who are thirsting to know God and experience true happiness, Jesus offers to freely give the water of life.



He says, "Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life." Revelation 22:17 (NIV)

As you receive the Spiritual water of life, may you also enjoy all the physical benefits from drinking plenty of good water.

¹ Aileen Ludington, MD, Hans Diehl, DrHSc, MPH, Health Power, Review and Herald Pub. Assoc. 2000, p. 191.

² Werner, D. Where There Is No doctor, The Hesperian Foundation, 1999 p.151

³ Heese, H. Handbook of Pediatrics, Oxford Southern Africa, 1997 p.220-223

⁴ Werner, D. *Where There Is No doctor*, The Hesperian Foundation, 1999 p.152

⁵ Werner, D. Where There Is No doctor, The Hesperian Foundation, 1999 p.152

⁶ Werner, D. *Where There Is No doctor*, The Hesperian Foundation, 1999 p.152

⁷ Guidelines for Training Community Health Workers in Nutrition, 2nd ed., WHO, 1990, p. 104

⁸ Guidelines for Training Community Health Workers in Nutrition, 2nd ed., WHO, 1990, p. 104