

Note: The given content need not to be printed.

CHAPTER 02.

First Aid and Emergency

P.NO.13-19.

Learning Objectives:

- To make students understand the term dehydration.
- To make them aware about the causes and symptoms of dehydration.
- To enhance the cognitive and critical thinking among them.



Dehydration

- Water is essential for life. Life is said to have originated from water. Around 60% of our body is composed of water. Without water we cannot survive.
- Water is found inside cells, within blood vessels and between cells.
- Water regulates our body temperature.
- We lose water through breathing, sweating, peeing etc. As little as 2% loss of our body fluids makes us thirsty.
- When we lose 4 to 5% of our body fluids, we begin to feel dehydrated.

Thus, dehydration occurs when we lose more fluid from our body than we take in.

Or

Dehydration is a condition when our body does not have enough water and other fluids to carry out its normal functions.

Causes Of Dehydration

Common causes of dehydration include:

- Inadequate intake of water.
- Fever.
- Diarrhoea.
- Vomiting.
- Excessive sweating.

Signs and Symptoms Of Dehydration

Being thirsty is the top clue. Below mentioned are some other signs and symptoms of dehydration:

- Dry Mouth.
- Eyes stop making tears.
- Sweating may stop.
- Weakness.
- Heart palpitations.
- Light-headedness (especially while standing)
- Not peeing enough.
- Dry cracked skin.
- Headache.



Treating Dehydration

In case of dehydration, we should follow up the following tips:

- Drink plenty of water.
- Make a solution at home by mixing salt and sugar in water and drink that.
- Shift the patient to the hospital immediately in case of an emergency.