# Dehydration

## Overview

Kids will oftentimes become dehydrated when they are sick- they lose more fluids when they have fever, vomitting, or diarrhea.

## Signs & Symptoms

- Dry lips and mouth
- Dark urine / less urine or wet diapers, none in 8 hours or overnight
- Lack of tears when crying
- Headache
- Sunken in fontanelle (on top/front of babies' heads up to 18 months old)
- Increased heart rate
- Losing weight

## Rehydration Steps

- For significant amounts of vomiting or diarrhea, an electrolyte solution is best as they are absorbed faster and replace lost electrolytes: Pedialyte (infants over 4 months and children), Gatorade, Powerade.
- Give small, frequent amounts, with a goal of 3 oz fluid for every 10# body weight
- Use a syringe, spoon, or sips from a sippy cup.
    - Tip: switch up how you are offering the fluids, try popsicles or slushy consistency
- Start small: start with 1-2 oz of fluid. Put this amount into a container to monitor progress. Increase as tolerated. Work up to a goal of 3 oz of fluid per 10 pounds of weight.
- Dairy often worsens vomiting and diarrhea during GI illnesses. However, if milk is all your child will take and tolerate, then it is OK to try this.

**Call our office or go to the ER if your child becomes lethargic, no urine for 8 hours and not able to rehydrate, or has difficulty breathing.**

## Questions?

This sheet provides general advice and is not specific for your individual child. Always call if something seems off or if you have specific questions or concerns!

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