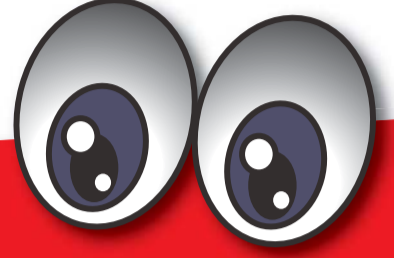


Quench

*Improving hydration
on board*



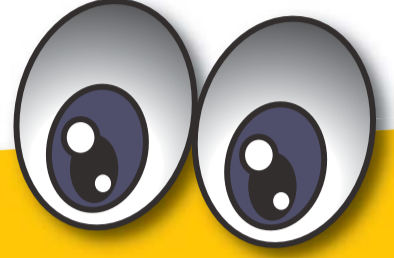
The following
are signs and symptoms
of dehydration:

- Increased thirst
- Decreased urination
*Darker colour may indicate dehydration
- Dry Mouth
- Headaches
- Dry skin
- Dizziness
- Weakness
- Palpitations
*Heartbeat feels like it is jumping and irregular
- Lack of sweating
- Sluggishness



Quench

*Improving hydration
on board*

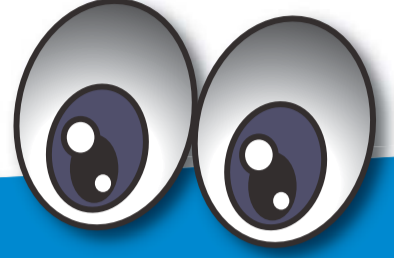


What is the
impact of dehydration
on my health?

- Reduction in concentration
- Constipation
- Low blood pressure which may result in fainting
- Urinary tract infections and the development of kidney stones
- Increased risk of urinary tract infections, kidney stones, clots, heart attacks
- Reduction in muscle strength
- Heat cramps

Quench

*Improving hydration
on board*

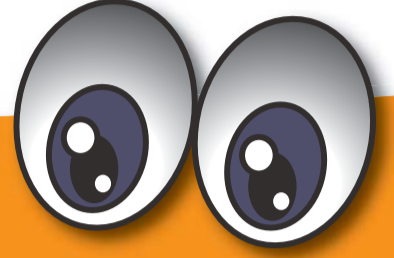


Conditions which may cause rapid fluid loss and lead to dehydration are:

- High temperature due to fever
- No access to safe drinking water
- Injuries to the skin such as burns, skin disease or infections
- Too much exercise
- Vomiting, diarrhoea and infections
- Diabetes

Quench

*Improving hydration
on board*



Seek urgent
medical advice if these
situations occur:

- Temperature higher than 39C (103F) that doesn't settle with temperature-lowering measures and medication
- No urine in the last 12 hours
- Confusion
- Lethargy
- Continued headaches
- Seizures
- Difficulty breathing
- Chest pains
- Fainting

