

## AVOIDING DEHYDRATION

**TALLAHASSEE** – To avoid becoming dehydrated, it is important to drink plenty of fluids, especially water even if you don't feel thirsty. This is particularly true on days when temperatures reach 90 degrees Fahrenheit (F) and higher. Depending upon your physical activity and heat exposure during hot weather, it's a good idea to drink more water. Persons who have medical conditions that require a fluid restrictive diet or who have a problem with fluid retention should consult a physician before increasing their consumption of fluids.

**Babies from birth – 6 months:** healthy infants normally do not need extra water. On a hot day, a small amount of water may be needed, but check with your physician on how much to give.

**Babies from 6-12 months:** breast or formula-fed babies that are receiving solid foods should also be receiving water.

**Children 12 months and older:** should be reminded to drink fluids, preferably water throughout the day. They should be encouraged to drink more on hot days.

**Adults should drink:** When exposed to temperatures reaching 90 F and higher, depending on physical activity level and heat exposure, adults should drink even more water.

Help to avoid becoming dehydrated by staying out of the direct sun, wearing light colored loose fitting clothing, limiting physical activity and using fans when available.

For further information, please contact your local county health department or visit [www.doh.state.fl.us](http://www.doh.state.fl.us) or [www.Floridadisaster.org](http://www.Floridadisaster.org).

For more state and federal information on emergency and disaster planning, visit the following Web sites: [www.floridadisaster.org](http://www.floridadisaster.org), [www.redcross.org](http://www.redcross.org), [www.ready.gov](http://www.ready.gov) or [www.fema.gov](http://www.fema.gov).

The Florida Emergency Information Line: 1-800-342-3557

Public Information Emergency Support Function: 850-921-0384

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