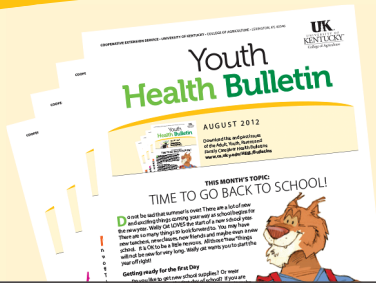


# Youth Health Bulletin



JULY 2014

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## THIS MONTH'S TOPIC:

# DRINK PLENTY OF WATER!

It is getting hot outside! Wally Cat loves to be outside in the summer sun. He loves to play sports, be with his friends and even help out his mom and dad with some of the things they do outside such as washing the car or gardening. There is one thing that Wally always remembers to do when he is outside — drink plenty of water.

When he is outside in the summer, he often sweats. Sweating is what our body does to help stay cool when we get warm. Sweating also means that water is leaving our body. Our body temperature is normally about 98.6 degrees F. When we are very active or it is very hot outside, our body heats up too. Sweat comes from the body from teeny-tiny holes in the skin called pores. When the sweat hits the open air, it works to cool the body.

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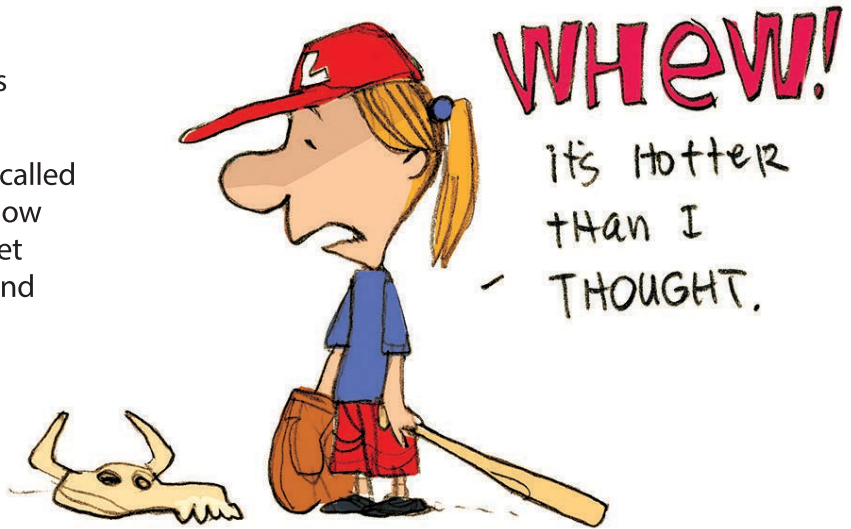


# When playing outside during the summer, we often sweat. When the body loses too much water, it is called dehydration.

## Continued from page 1

But with all the water leaving the body, it is important to put some back in.

When our body loses too much water, it is called dehydration (dee-hye-DRAY-shun). Did you know that our body needs water to work? You can get water for your body, not only from the water and other drinks, but also from food. If you have been outside for a while and have not had anything to drink, it is important to drink some water and replace any that you may have lost through sweat. If you do not put more water in your body, you may get sick.



## How do you know if you are dehydrated?

One of the first ways you may know that you are dehydrated is feeling thirsty. Other signs that may tell you that you are dehydrated are:

- Feeling dizzy
- Feeling your heart beat faster
- Mouth feeling dry

When you know that you are going to go outside to play, make sure that you drink water before, during and after. It is also helpful to wear cool, light colored clothes when going outside to play. It is important to go out to play, just make sure you drink plenty of water too!

### REFERENCES:

- Nemours KidsHealth. What's sweat?  
<http://kidshealth.org/kid/talk/yucky/sweat.html>
- Nemours KidsHealth. What's the big sweat about dehydration?  
<http://kidshealth.org/kid/watch/er/dehydration.html>



### Word Scramble

- RDADTYOINHE: \_\_\_\_\_
- UMSRME: \_\_\_\_\_
- THO: \_\_\_\_\_
- ISDUTEO: \_\_\_\_\_
- KNDRI ETRAW: \_\_\_\_\_

ANSWERS: Dehydration, Summer, Hot, Outside, Drink Water

Youth  
Health Bulletin

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