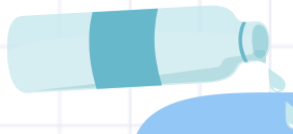


ARE YOU DEHYDRATED?



Kids between the ages of 8-14 can lose up to a **quart** of sweat during 2 hours of activity on a hot day.

Symptoms

- Thirst
- Dizziness
- Cramps
- Weakness
- Nausea
- Headache

Prevention

- Drink water before you're thirsty
- Avoid drinks with more than 20 calories per 8oz.
- Always carry a water bottle



Kid athletes should drink:
12 gulps of water before activity.
10-12 gulps every 20 minutes during activity.
20 gulps of water after activity.



Know the facts about dehydration & stay cool this summer.



4 - s a f e t y . o r g



4 Safety



4 Safety Van