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.

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