

## SIGNS AND SYMPTOMS OF DEHYDRATION AND HEAT ILLNESS

### **DEHYDRATION**

Thirst  
Headache  
Dizziness  
Dry Skin  
Fatigue  
Light-headedness  
Confusion  
Dry Mouth  
Less Frequent Urination, Dark Yellow Urine  
Muscle Cramps  
Irritable or Cranky  
Diminished Performance

### **HEAT ILLNESS**

Stomach Cramps  
Loss of Coordination  
Fainting  
Profuse Sweating  
Pale Skin  
Nausea  
Vomiting  
Diarrhea  
Along with the signs and symptoms of *Dehydration*