

June 22, 2020

# "For Safety's Sake - Do Something"



SSOE GROUP IS A PROJECT DELIVERY FIRM FOR ARCHITECTURE, ENGINEERING, AND CONSTRUCTION MANAGEMENT.

## SIGNS YOU MAY BE DEHYDRATED

### SYMPTOMS OF DEHYDRATION

Your body depends on water to survive. Every organ, cell, and tissue in your body needs water to work properly. Your body uses water to regulate its temperature, remove toxic substances, and help absorb essential nutrients.

Especially in hot weather, the body can quickly become dehydrated. When too much water is lost from the body, the organs, cells, and tissues fail to function as they should, which can lead to dangerous complications. The symptoms of dehydration may be different depending on whether the condition is mild or severe.

**To stay hydrated, it is recommended that the average, non-active, person should drink at least 64 oz. of water per day.**

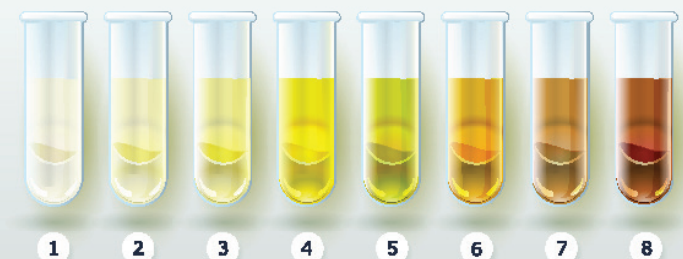
#### Mild to Moderate Dehydration:

- Sleepiness
- Dry mouth
- Increased thirst
- Decreased urination
- Less tear production
- Dry skin
- Constipation
- Dizziness
- Light-headedness
- Headache

#### Severe Dehydration:

- Excessive thirst
- Lack of sweat production
- Low blood pressure
- Rapid heart rate
- Rapid breathing
- Fever
- Sunken eyes
- Shriveled skin
- Dark urine

Symptoms of severe dehydration are a real medical emergency and should be treated by a medical professional immediately.



If your urine matches the colors numbered 1, 2, or 3, you are hydrated.  
If your urine matches the colors numbered 4 up to 8 you are dehydrated and need to drink more fluid.