

Signs and Symptoms of Dehydration

MILD TO MODERATE DEHYDRATION:

- Plays less than usual
- Urinates less frequently (for infants, fewer than 6 wet diapers/day)
- Parched, dry mouth
- Fewer tears when crying
- Sunken soft spot of the head in na infant or toddler
- Decreased bowel movements

SEVERE DEHYDRATION:

(In addition to mild/moderate dehydration symptoms)

- Very fussy
- Excessively sleepy
- Cool, discolored hands and feet
- Wrinkled skin
- Urinates only 1 or 2 times a day.