

FEMA Region II Preparedness Tip

Dehydration

- It takes a loss of only 1%-2% of your body's ideal water content to cause dehydration.
- On average a person loses about 90 ounces of water daily.
- Don't misinterpret thirst for hunger.
- Water helps detoxify the body.
- People should drink eight ounces of water each and everyday!



How to Prepare:

- Drink up to a gallon of water a day.
- Only water truly hydrates the body and alleviates the diseases of dehydration.
- Drink more if you're engaged in sweaty exercise.
- Make sure elderly people are drinking enough water.

For more information please visit www.gotwater.net/water_tips.htm