

Mayo Clinic Minute

Don't let cleanup work dehydrate you

VIDEO	AUDIO
	<i>Sound of a generator</i>
	Just like the generator, your body needs to be refueled during storm cleanup and rebuilding.
Title: Michael Boniface, M.D. Emergency Medicine Mayo Clinic	“You need to be mindful of the symptoms of dehydration.”
	Emergency medicine physician Dr. Michael Boniface says the initial sign can be easy to miss.
Dr. Michael Boniface	“One of the symptoms of dehydration that will present first is decreased urine output.”
	If you’re not using the bathroom, you might not be getting enough water. And that may create more symptoms ...
Dr. Michael Boniface	“ ... Feelings of light-headedness, maybe some dizziness, feeling like you might pass out ... “
	Here’s Dr. Boniface’s advice for avoiding dehydration.
Dr. Michael Boniface Graphic: 2 quarts per day	“Drink the amount of water that you usually would need. And that is typically eight, 8-ounce glasses – or two quarts of water – per day.”
Dr. Michael Boniface	“If you’re going to be working in the yard, sweating, losing more water, you need to drink additional quantities to account for that.”
Symptoms Rest Rehydrate See doctor if symptoms persist High heart rate Low blood pressure	Drink throughout your workday. If you experience dehydration symptoms, rest and drink more. See a doctor if symptoms persist, especially if your heart rate remains high or your blood pressure drops.
	For the Mayo Clinic News Network, I’m Jeff Olsen.