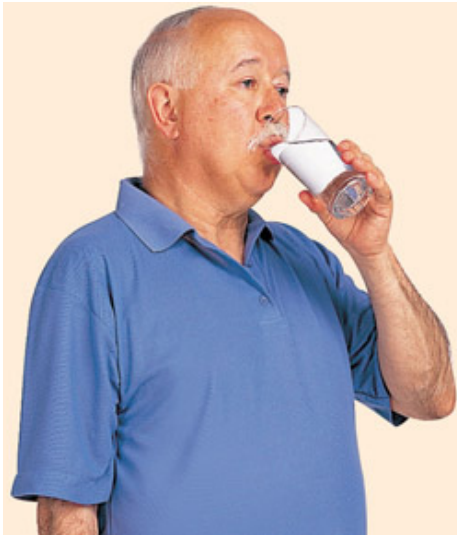


# Dehydration



It is important that we drink fluids everyday or we could become dehydrated.



Dehydration happens when we lose too much body fluid.

If we get dehydrated we can get dizzy, faint or experience muscle cramps.

When the warm weather arrives it is particularly important that we drink enough fluids everyday especially water.

