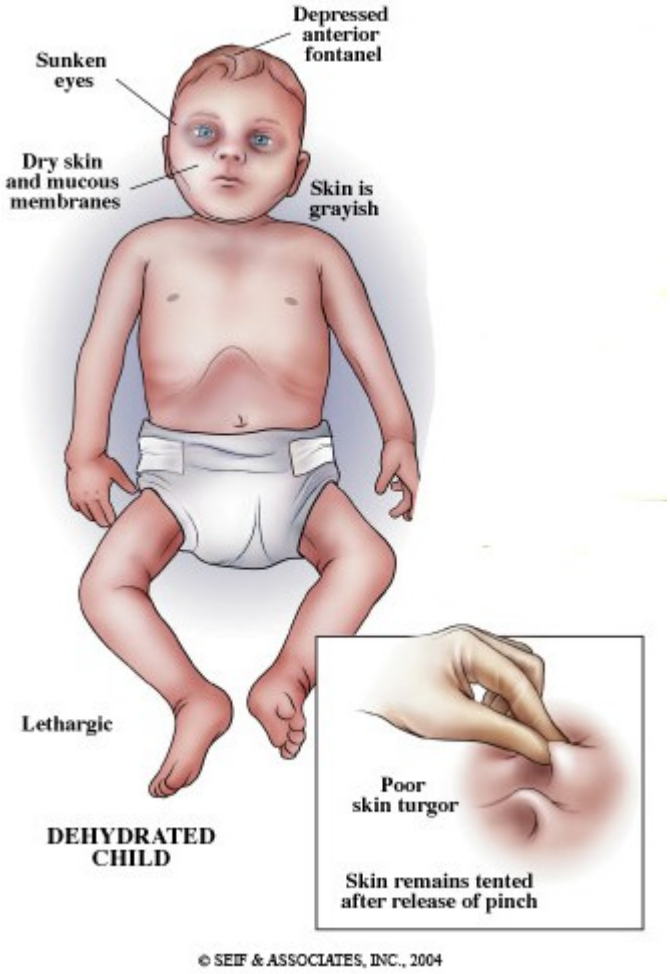
Dehydration, Infants and Children

Dehydration is the loss of water and blood salts from the body. Organs that cannot work without the right amount of water and salt include the:

- Kidneys.
- Brain.
- Heart.



HOME CARE

Infants

Infants need **both:**

- Fluids like an oral rehydration solution (ORS).
- Breast milk or formula.

Children

- Children may not agree to drink an ORS. You may need to give them sports drinks. These drinks are better than giving your child fruit juices.
- For toddlers and children, additional calories and nutritional needs can be met by giving them an age-appropriate diet.
- When a child throws up (*vomits*) or has watery poop (*diarrhea*), 4 to 8 ounces of an ORS can be given to replace the lost fluid.

GET HELP RIGHT AWAY IF:

- Your child does not pee (*urinate*) as much as usual.
- Your child has a dry mouth, tongue, or lips.
- Your child has fewer tears or has sunken eyes.
- Your child has dry skin.
- Your child is breathing fast.
- Your child is increasingly fussy.
- Your child is pale or has poor color.
- The fingertip takes more than 2 seconds to turn pink again after a gentle squeeze.
- There is blood in your child's throw up or poop (*stool*).
- Your child's belly (*abdomen*) is very tender or enlarged.
- Your child keeps throwing up or has very bad watery poop (*diarrhea*).
- Your child is not acting right or has a change in behavior.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or gets worse.

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