



HEALTH  
TIPS!

# HYDRATING FOR THE HEAT

## AVOID Heat Stroke and Heat Exhaustion

The process of prehydration involves starting to drink enough fluids, and eating a balanced meal, several hours before participating in an activity in excessive heat. Individuals must replace fluid lost through sweating to prevent dehydration while participating in any outside activity during excessive heat.

### WHAT IS THE RIGHT AMOUNT OF WATER?

On average, a healthy individual participating in increased physical activity and/or exercise in excessive heat and humidity should consume onehalf to one liter (approximately 16 ounces to 32 ounces) of a conventional sports drink each hour to provide enough carbohydrates to sustain energy and enough fluid replacement to prevent dehydration. **Check your weight before and after completing work or an exercise activity in excessive heat and/or humidity to replace fluid losses.** For each one pound of weight lost due to sweating in excessive heat, a healthy person should consume between 450ml to 675ml of fluid (1.5 liter per kilogram of body weight) to replace their fluid losses to return to a normal state of hydration. **Sports beverages should contain the following electrolytes: 20-30 meq/L potassium, 2-5 meq/L potassium and 5-8% carbohydrates<sup>1</sup>.**

**Limit alcohol consumption** as it can act as a diuretic (increased urination), causing increased fluid loss. This may increase the potential for a person to become dehydrated and increase their risk for or a heat-related illness.

**Prepubescent children and adults over the age of 65** are at an increased risk of experiencing a heat-related illness. Prepubescent children have a lower sweating rate than adults and adults over the age of 65 years old, are less likely to drink when they are becoming dehydrated. Both groups are therefore more susceptible to dehydration.



### Web Links to More Information on This Topic

**Local Weather Update:** [www.weather.com/weather/today/Washington+DC+USDC0001](http://www.weather.com/weather/today/Washington+DC+USDC0001)

**Maryland Watches, Warnings and Advisories:** [www.weather.gov/alerts-beta/md.php?x=1](http://www.weather.gov/alerts-beta/md.php?x=1)

**Heat Stress in the Elderly:** [www.emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp](http://www.emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp)

**Occupational Heat Stress:** [www.emergency.cdc.gov/disasters/extremeheat/heat\\_guide.asp](http://www.emergency.cdc.gov/disasters/extremeheat/heat_guide.asp)

**Heat Wave Safety Checklist:** [www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/HeatWave.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/checklists/HeatWave.pdf)

**Excessive Heat Events Guidebook:** [www.epa.gov/heatisland/about/pdf/EHEguide\\_final.pdf](http://www.epa.gov/heatisland/about/pdf/EHEguide_final.pdf)