

DEHYDRATION ZONE TOOL

*If you have kidney, heart, or liver disease and have to limit fluids, please talk with your doctor before increasing the amounts of fluids you drink



ALL CLEAR ZONE

- 👍 No Symptoms of Dehydration
- 👍 Mouth is moist and pink
- 👍 skin is elastic and supple
- 👍 You are drinking adequate amounts of fluids

WARNING ZONE.....

In **Moore County**, call your healthcare provider at **910-255-4400**. If after hours, call **910-715-1000** and ask for PMC Primary Care doctor on call. In **Lee County**, call **919-774-6518**, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Dry, sticky mouth
- 👎 Not much urine
- 👎 Dry & sunken eyes
- 👎 You are not making tears
- 👎 Your skin is very dry and sags slowly back into place when you pinch it

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ! You passed out
- ! You are confused and cannot think clearly
- ! You are dizzy or lightheaded, or feel like you might faint
- ! You have diarrhea that lasts for more than a few days