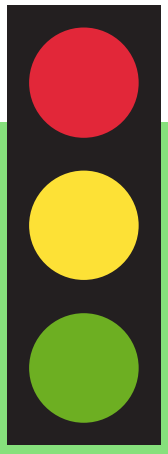
DEHYDRATION ZONE TOOL

*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 an adequate amount of fluid

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 **919-708-1528**, during or after hours. PMC Walk In Clinic is available in either county.

- Dry, sticky mouth
- Your urine amount has decreased
- 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