

Sneaky signs you may be dehydrated

Run time - :38

ANCHOR LEDE

We all get thirsty from time to time. But there are lesser-known signs you may be suffering from dehydration, a condition that could be life threatening. Tim Ditman of OSF HealthCare has more.

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Signs include:

- Crying without tears
- Sunken in eyes
- Fast heart rate
- Deep breathing
- Headaches
- Muscle cramps
- Sudden weight loss
- And changes when you go “number one,” says OSF pediatrician Doctor Awad Alyami.

\*\*\*SOT\*\*\*

Dr. Awad Alyami (AH-wad // all-EE-ah-mee)  
OSF HealthCare pediatrician

**“When you’re hydrated, your urine should look yellow, pale yellow or sometimes almost transparent like water. When you become dehydrated, your urine will become less in volume, and the color will be darker. It goes into an orange color. It can have a smell, also.” (:21)**

I’m Tim Ditman.

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If you’re hydrated, rest and drink water or Pedialyte.

If you don’t get well quickly, get to the hospital for I-V fluids.