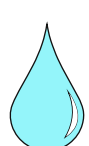


More water

less bubbles

What is dehydration?

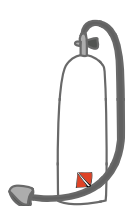


To lose more fluid than taken in

This is a contributing risk factor for DCS in divers.

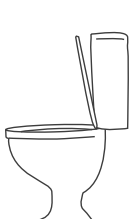
Contributing factors to a diver's dehydration

Breathing compressed air



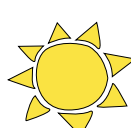
Alcohol

Increased urine production



Sweating

Sickness / diarrhea



Sun warmth and wind

Meds



Aeroplane

Signs and symptoms of dehydration

Mild

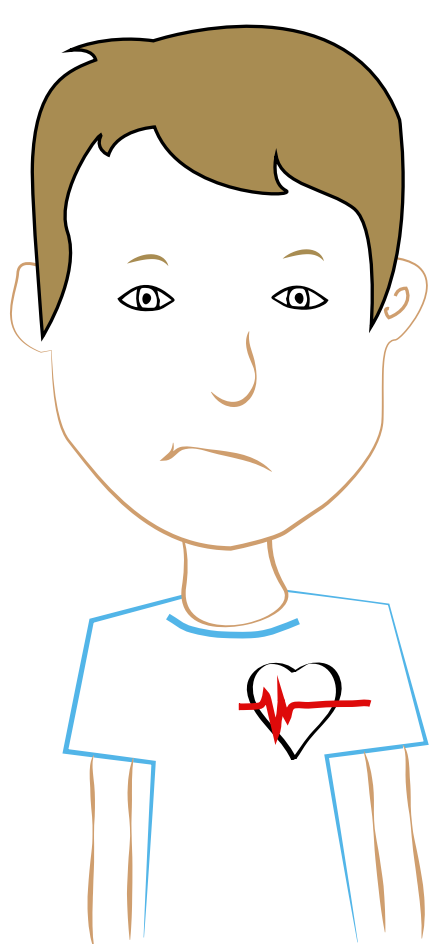
Headaches

Dizziness

Dry mouth

Thirst

Muscle cramps



Severe

Dry skin

Extreme thirst

Very dry mouth

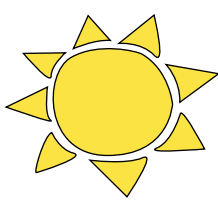
Rapid breathing

Rapid heartbeat and weak pulse

Prevention



Drink water!



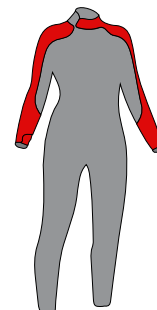
Keep out of sun



Limit / avoid alcohol



Rinse with fresh water after a dive



Keep suit off until night before dive



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