

# Quick Guide for School Staff

## DEHYDRATION

Children are particularly vulnerable to dehydration as they may not always recognise thirst or remember to drink regularly during busy school days.

### Watch out for common signs of dehydration:

- Dry mouth, lips and tongue
- Headache
- Tiredness or low energy
- Complaints of dark yellow urine or infrequent toilet trips
- Sunken eyes
- Dizziness or light-headedness
- Difficulty concentrating

### What you can do:

- ✓ Encourage regular water breaks
- ✓ Ensure pupils have access to drinking water at all times
- ✓ Educate students on the importance of hydration