

June 15 – June 19

Hello Families!

With this wonderful weather it is easy to forget to take a break and hydrate. It may not seem like you need water during these humid days but this is the scenario where it is most important. People need at least 1 bottle of water every hour during hot and humid days in order to stay properly hydrated.

Dehydration

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions.

Just the Facts

- Anyone can become dehydrated, but the condition is especially dangerous for young children and older adults.
- The most common cause of dehydration in young children is severe diarrhea and vomiting.
- Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.
- Even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults.
- Dehydration can occur in any age group if you don't drink enough water during hot weather.
- You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

Keep Moving

Lunges for days!!

**See how long you can go
through the day completing
leg lunges.**

Nurse Courtney

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If you have any questions please do not hesitate to contact me.

Signs and Symptoms

Infant or Young Child

- Dry mouth and tongue
- No tears when crying
- No wet diapers for three hours
- Sunken eyes, cheeks
- Sunken soft spot on top of skull
- Listlessness or irritability

Adult

- Extreme **thirst**
- **Less frequent urination**
- **Dark-colored urine**
- **Fatigue**
- **Dizziness**
- **Confusion**

Severe Dehydration

**If dehydration isn't alleviated it can lead to:*

- Heat injuries
- Seizures
- Urinary and Kidney Issues
- Hypovolemic Shock

Prevention

**Increase water intake when:*

- You or your child begin experiencing diarrhea or vomiting
- Participating in strenuous activity-hydrate before, during and after activity
- In hot or cold weather
- During illness

COVID-19 (The Coronavirus)

Where are we?

Phase 2: Part 1

Nothing new is opening this week but the number of cases are trending downwards. Hopefully we will be entering Phase 2: Part 2 soon!

What's reopened already?

with restrictions and guidelines

Grocery Stores
Pharmacies
Manufacturing Industries
Construction Industries
Hair Salons
Barbershops
Pet Grooming Services
Places of Worship
Laboratories
Banks
Golf Courses
Restaurants: Outdoor dining
Retail Businesses
Funeral Homes
Lodgings
Flight Schools
Driving Schools
Pools and Playgrounds



Healthy Food of the Week

Challenge your child to eat/try...

Pineapple

Benefits of Pineapple:

- 1) Low in Calories
- 2) High in Antioxidants
- 3) They are natural meat tenderizers due to their ability to break down proteins
- 4) Boosts Immunity
- 5) May Lower Inflammation and Oxidative Stress.
- 6) Eases symptoms of arthritis
- 7) May shorten healing times.