

# First aid

Business



Dehydration happens when you lose more fluid than you take in and your body doesn't have enough fluids to carry out its normal functions. Whenever fluids are lost due to sweating, diarrhea, vomiting, etc, you must replace them or dehydration will occur.

Mild to moderate dehydration can be reversed by simply increasing your fluid intake.

Severe dehydration however can result in serious health issues which require immediate medical attention. If you do not seek immediate help you may be at risk for heat injury, swelling of the brain, seizures, low blood volume, kidney failure, coma or even death.

Symptoms for mild to moderate dehydration (in which you should increase fluids to reverse) \* Dry/sticky mouth \* Fatigue \* Thirst \* Decreased urine output \* Dry skin \* Not able to produce tears while crying \* Headache \* Constipation \* Dizziness

Symptoms for severe dehydration (in which you should seek medical attention) \* Extreme thirst \* Lack of sweating \* Sunken eyes \* Little or no urination

Very dry mouth, skin and mucous membranes \* Low blood pressure \* Rapid heartbeat \* Rapid breathing \* Fever \* Delirium or unconsciousness

Treatment \* Drinking water using an oral rehydration solution \* Avoid certain foods such as: milk, sodas, caffeinated beverages, fruit juices and gelatins \* Intravenous fluids \* Avoid hot weather

Snake bites are rare in many places in North America because most North American snakes aren't poisonous. However, there are a few exceptions including the rattlesnake, coral snake, water moccasin and copperhead. A bite from one of these snakes can be life-threatening.

Of these few snakes mentioned all are known as pit vipers and have slit-like eyes.

They have triangular heads with a pit between the eye and nostril on either side of the head. Key notes to differentiate snakes for identification \*

Rattlesnakes: rattle by shaking the rings at the end of their tails \* Water

Moccasins: mouths have a white, cottony lining \* Coral snakes: have red,

yellow and black rings along the length of their bodies \* Note the length,

shape, head and the eyes To reduce your risk of a snake bite, avoid touching

them, back away slowly and do not make any sudden moves. They usually

won't attack unless they feel threatened or surprised.