

Dangerous heat leaves kids at risk for dehydration

June 8 2011

The National Weather Service is predicting heat indexes to be well above 100 degrees Fahrenheit. Add kids playing outside and outdoor summer activities in full swing to the dangerous heat and you've got a hazardous combination.

A Loyola University Health System pediatrician is available to comment on keeping [kids](#) safe and hydrated in hazardous heat.

With such extreme temperatures dehydration can happen quickly, so watch your kids for signs that they're not getting enough fluid.

Crying but not making tears.

Sunken eyes.

Tenting of the skin. Test for this by pinching the skin on the back of the hand and releasing quickly. If it takes time for the [skin](#) to return to normal, your child might be dehydrated.

Decreased urine output. Your child should urinate at least four times a day. The urine should be clear. If it is very yellow and smells very strong this could be a sign your [child](#) is not drinking enough.

Provided by Loyola University Health System

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