

The Importance of Staying Hydrated: General Hydration & Virus Recovery



60%
Water

Did you know water makes up about 60% of the human body? We need water to keep us going every day so that we can feel and perform at our very best. However, it's a good idea to look at the effects of dehydration to help you understand why staying hydrated is so important.

How do we Become Dehydrated?

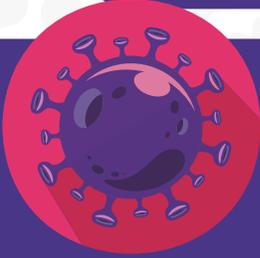


Diarrhea & Vomiting

When diarrhea comes on suddenly and severely, this can cause a quick and higher loss of fluids and electrolytes.

Sweating

You lose water when you sweat, so the more you sweat, the sooner you may become dehydrated.



Virus or Food Poisoning

Dehydration takes on a different level when you are sick because common symptoms such as fever, diarrhea, vomiting and loss of appetite, all can lead to dehydration. If you aren't getting enough fluids, your body may have difficulty regulating its' temperature. Even small fluid losses can contribute to increased body temperatures.

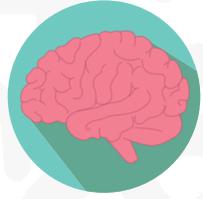
Proper hydration is needed for:

Regulating
Body Temperature



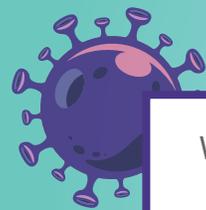
Maintaining
Healthy Skin & Joints

Digesting Food



Brain Function

Producing Necessary
Bodily Fluids



When sick with a virus, proper hydration can help the skin and mucous cell membrane act as a barrier to prevent bacteria from entering the body. It can also help decrease nasal irritation when coughing, sneezing and even just breathing.



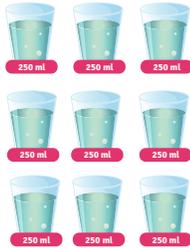
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So, how much fluids should you drink to stay hydrated?
Dietitians of Canada recommends:

9 Cups (250 ml) per day



Age 19+



12 Cups (250 ml) per day



Age 19+

Drink a glass of water when:



You first wake up



Before each meal

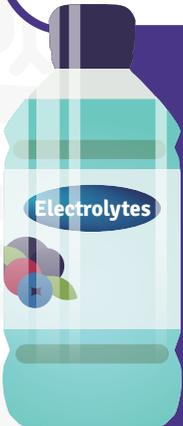


Before, during,
and after
exercise



One hour
before bed

Staying hydrated isn't just about liquids



It's also about electrolytes and carbohydrates! On any regular day, you could usually get enough electrolytes from what you eat. For instance, foods like fruits and vegetables that are high in water like lettuce, cucumbers or tomatoes, contribute to your daily fluid intake.

However, dehydration changes when you have a good workout or have picked up a virus. In these situations, you may need electrolytes, like sodium, potassium and chloride, to help the body maintain fluid balance and keep the cells in our bodies working properly.

Add electrolytes and carbohydrates by:



Trying an oral rehydration solution such as Pedialyte, which contains electrolytes, sodium, potassium, & chloride

Eat some salty pretzels!



Add a few extra shakes of salt to your food

Enjoy some potassium-rich foods like bananas, cantaloupe, avocados, sweet potatoes or spinach



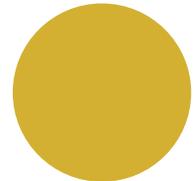
How do I know if I am properly hydrated?

Since both fluid recommendations and symptoms of dehydration vary from person to person, it's important to be able to measure hydration status beyond just what you drink.

A simple test is to evaluate the colour of your urine. Dark yellow to amber may indicate dehydration, while a pale yellow means you're properly hydrated.



Hydrated



Dehydrated