

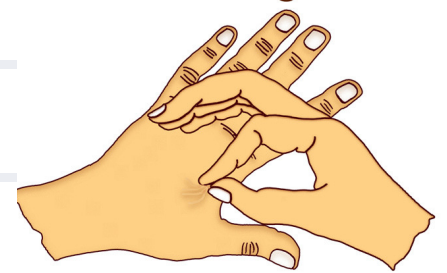


Dehydration checklist



- Excessive thirst
- Dry mouth and lips
- Decreased performance
- Headache/dizziness
- ↓ 2% of body weight
- Low blood pressure
- Increased heart rate
- Skin turgor test
- Dark yellow urine (6 and up on the scale to the right)

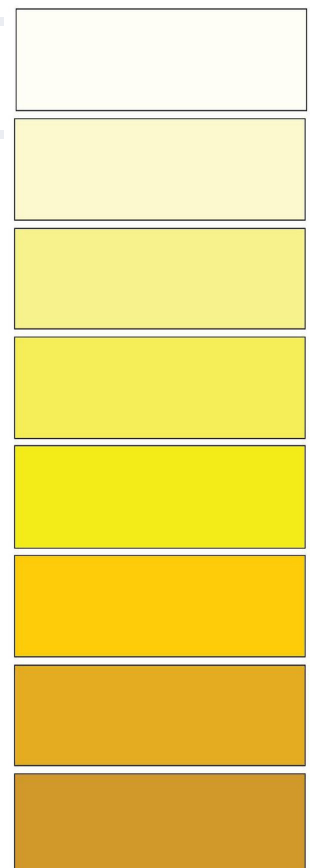
Skin Turgor Test



The skin fold persists after a pinch and release



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