

# KiCare TIPS

## How Do I Know If My Child Is Dehydrated?



If your child is dehydrated, some signs and symptoms to look out for include:

- 1 **Dry and cracked lips, dry mouth**
- 2 **Decreased urination**, or no urine for 8-12 hours, as well as **dark-coloured urine**
- 3 **Drowsiness or irritability**, cold or dry skin, low energy, sunken eyes or sunken soft spot on baby's head
- 4 **No tears when crying**

Cut here for a colouring sheet for your little one

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