

Assessing the level of Dehydration

ASK – LOOK – FEEL

- Ask about diarrhea: Watery (3x/day), today ? since when ?
- Ask about thirst ? About urine (normal or very little)
- Ask if he/she were able to eat/drink/breastfeed at all today ? Or vomiting ?
- Look general condition: Is the person awake and can he/she speak to you?? Can he/she walk? Or very weak ?
- Look for sunken eyes (that go inside)
- Look at the mouth/tong – dry ?
- Feel. Pinch skin and see if it goes back to normal

