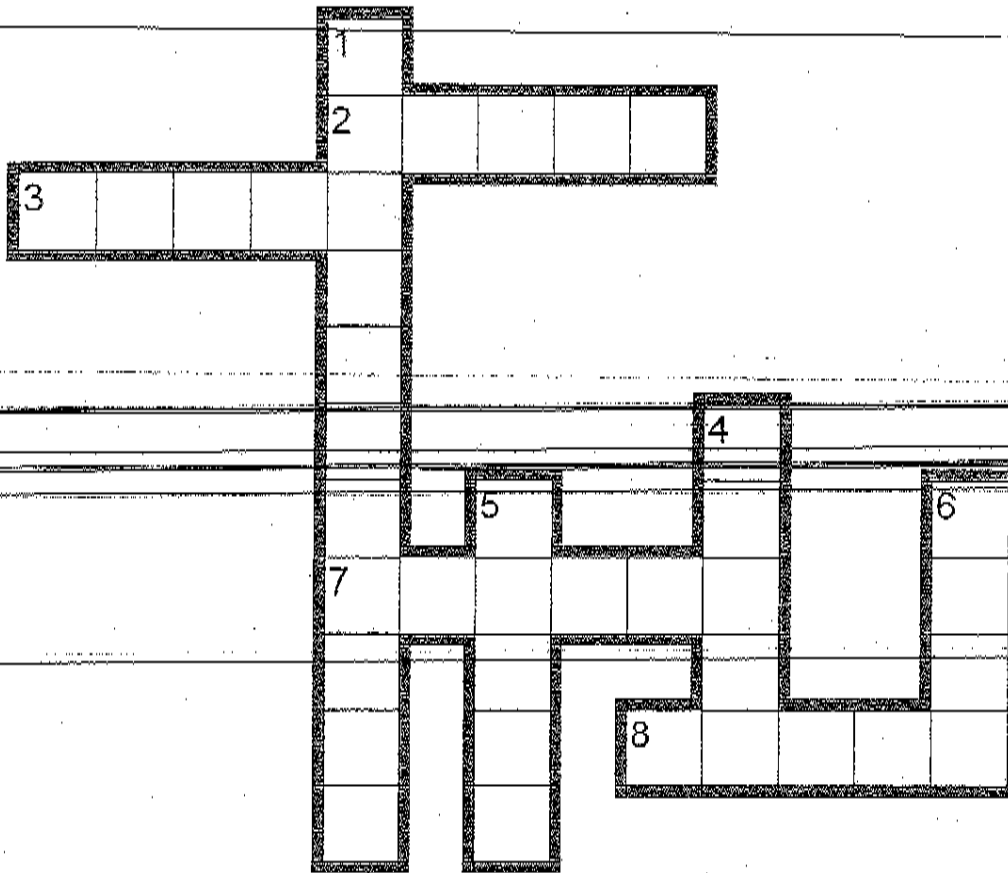


# Dehydration Puzzle

Created by D. Lynch with EclipseCrossword — [www.eclipsecrossword.com](http://www.eclipsecrossword.com)



## Across

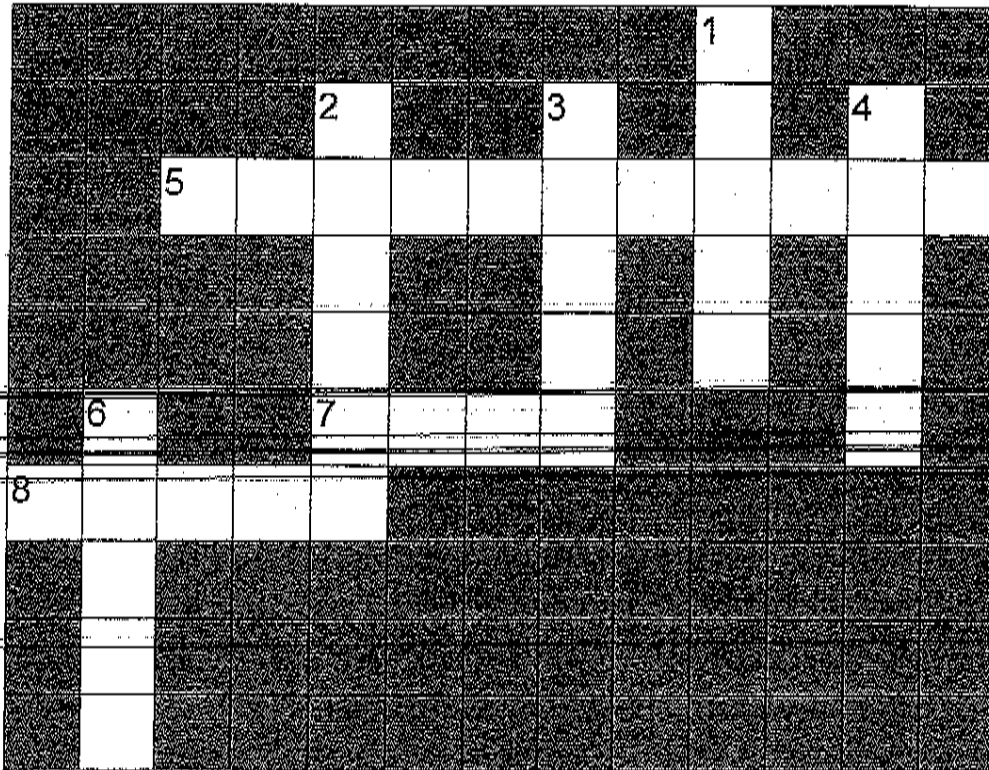
2. How many glasses of water should you drink?
3. If you're dehydrated, you might have a dry \_\_\_\_
7. If you're dehydrated, you might have a decreased sensation of \_\_\_\_
8. If you're dehydrated, you might experience \_\_\_\_ fog

## Down

1. Inadequate hydration
4. You need to drink this everyday
5. A good clue to how dehydrated you are is the \_\_\_\_ test
6. Your \_\_\_\_ shows dehydration very clearly by being dry

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## Across

5. Inadequate hydration

7. Your \_\_\_ shows dehydration very clearly by being dry

8. How many glasses of water should you drink?

3. If you're dehydrated, you might experience \_\_\_ fog

4. If you're dehydrated, you might have a dry \_\_\_

6. A good clue to how dehydrated you are is the \_\_\_ test

## Down

1. You need to drink this everyday

2. If you're dehydrated, you might have a decreased sensation of \_\_\_

# DEHYDRATION WORD SEARCH

Find the following words either horizontally, diagonally or vertically.

PAIN  
LETHARGIC

THIRST  
HEADACHES

SKIN  
CRAVINGS

WATER  
DEHYDRATION

DRY MOUTH

D	E	H	Y	D	R	A	T	I	O	N
R	W	T	U	A	T	I	H	P	R	E
Y	S	A	T	U	V	K	I	L	I	R
M	A	R	T	K	O	Y	R	R	E	P
O	T	S	R	E	H	P	S	Q	I	A
U	L	M	M	Y	R	R	T	K	S	I
T	C	R	A	V	I	N	G	S	I	N
H	E	A	D	A	C	H	E	S	Y	N
X	L	E	T	H	A	R	G	I	C	R

# DEHYDRATION ACTIVITY

Circle the problems that dehydration can cause: (12)

- |   |                                      |
|---|--------------------------------------|
| ▪ Brain Fog, Headaches                                | ▪ Arthritis                          |
| ▪ Diarrhea  | ▪ Death                              |
| ▪ Poor Digestion and Cravings                         | ▪ Dizziness                          |
| ▪ Falls   | ▪ Urinary tract infections           |
| ▪ Joint Swelling and Pain                             | ▪ Cancer                             |
| ▪ Confusion, disorientation, poor cognitive abilities | ▪ Dry Skin, Rashes and Skin Problems |
| ▪ Gangrene  | ▪ Muscle Pain                        |
| ▪ Pneumonia   | ▪ Cold sores                         |
| ▪ Swallowing problems                                 | ▪ Bedsores                           |
| ▪ Feeling tired and sluggish                          | ▪ Tooth decay, brittle bones         |
| ▪ Insomnia  | ▪ Tremors                            |

Circle the signs of dehydration: (9)

- |                             |                                |
|-----------------------------|--------------------------------|
| ▪ Dry mouth                 | ▪ Lack of tear drops           |
| ▪ Upset stomach             | ▪ Dry eyes                     |
| ▪ Low or no urine output    | ▪ Drooling, excess saliva      |
| ▪ Urine appears dark yellow | ▪ Sticky mouth                 |
| ▪ Stiff limbs               | ▪ Confusion and disorientation |
| ▪ Sunken eyes               | ▪ An excess of energy          |
| ▪ Depression                | ▪ Lethargic                    |

Fill in the missing letters:

    **E**     **Y**     **R** **A** **T** **I**     **N**

**D** **R**         **K**     **W**     **T** **E**

