

## Hydration Status

Dehydration*	Mild	Moderate	Severe
Skin (turgor)	Normal	Tenting	None
Skin (touch)	Normal	Dry	Clammy
Lips	Moist	Dry	Parched, cracked
Eyes	Normal	Deep set	Sunken
Tears	Present	Reduced	None
Fontanelle	Flat	Soft	Sunken
Urine output	Normal	Decreased	Anuric
Capillary refill	Normal	= 2 seconds	> 3 seconds
Pulse rate and quality	Normal	Increased and weak	Increased and feeble or impalpable

\* Corresponds to 3%, 6%, and 9% dehydration in older child and 5%, 10%, and 15% in infants.

Adapted from The Harriet Lane Handbook: A Manual for Pediatric House Officers. Mosby, Inc. Table 10-4.

### Recommended Oral Fluid Intake

Patients' families need to monitor for adequate fluid intake.

- Offer milk, fruit juice (caution with diabetic), and isotonic electrolyte solution (ORS), barley water, rice water, or clear soup.
- Do not give plain water alone, as it can cause electrolyte imbalance.

Reference

Institute of Medicine of the National Academy of Sciences Total Daily Water Adequate Intake Summary, 2004.

Age (years)	Amount Fluid Needed Per Day (8 oz cups)
Infants	3 cups
1 to 3	4 cups
4 to 8	5 cups
9 to 13	8 cups
Males $\geq$ 14	11–13 cups
Females $\geq$ 14	8–9 cups

### Evaluating Fluid Output

#### Calculate the body weight (wt) loss

Fluid deficit (L) = pre-illness wt – illness wt

% dehydration = (pre-illness wt – illness wt)/pre-illness wt x 100%

#### Evaluate urine output

Normal urine output = 0.5 to 1.5 cc urine/kg/hour



Centers for Disease Control and Prevention

National Center for Emerging and Zoonotic Infectious Diseases