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**STAY
HYDRATED**

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Staying Hydrated.

Are You Getting Enough Fluids To Stay Healthy?

According to the old rule of thumb, you're supposed to drink eight glasses of water per day (and some experts recommend even more). That can seem like a daunting task on some days, but here's a catch: You don't have to drink all the water. Roughly 20% of our daily H₂O intake comes from solid foods, especially fruits and vegetables. It's still important to drink plenty of water - especially in the summertime- - but you can also quench your thirst with these 15 hugely hydrating foods, all of which are at least 90% water by weight.

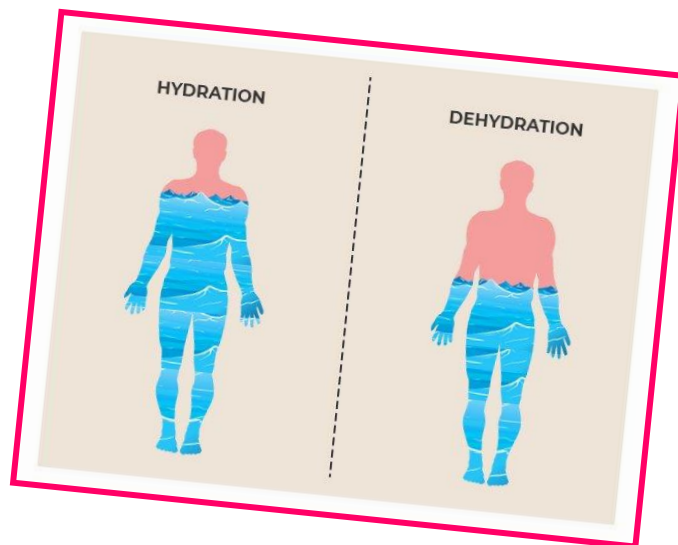
- Cucumber
- Iceberg lettuce
- Celery
- Radishes
- Tomatoes
- Green peppers
- Cauliflower
- Watermelon
- Spinach
- Star fruit
- Strawberries
- Broccoli
- Grapefruit
- Baby Carrots
- Cantaloupe

Water makes up about 60% of your body's weight, and although you can survive without food for weeks, dehydration can kill you within days or even hours, depending on the temperature and your environment.

Dehydration

Dehydration means more water is moving out of your body's cells than into them. And as this happens, it's not just water that you lose. Small amounts of electrolytes critical to cell function and energy, such as sodium and potassium, are lost along with the water.

You're constantly losing water and electrolytes throughout the day via breath, sweat, urine and bowel movements, so even mild dehydration can exhaust you and affect many of your body's daily functions.

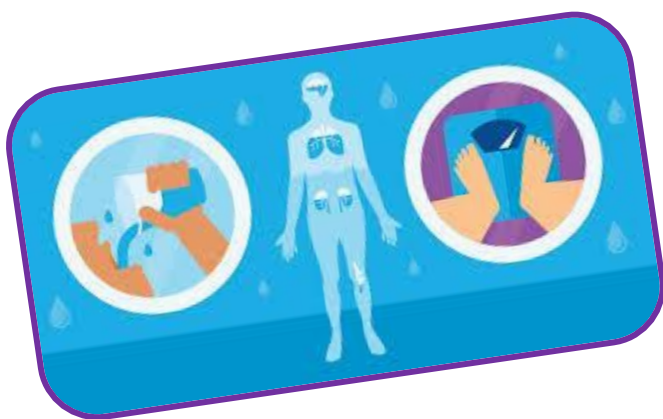


Source: <https://www.cnn.com/2017/09/27/health/benefits-of-water-and-fluids/index.html>

Hydration and Your Health

You could quickly become constipated as your colon steals water from your stool to keep your digestive system moving. Urine will become darker; prolonged dehydration can also crystallize salts and minerals in urine, possibly leading to the formation of painful kidney stones.

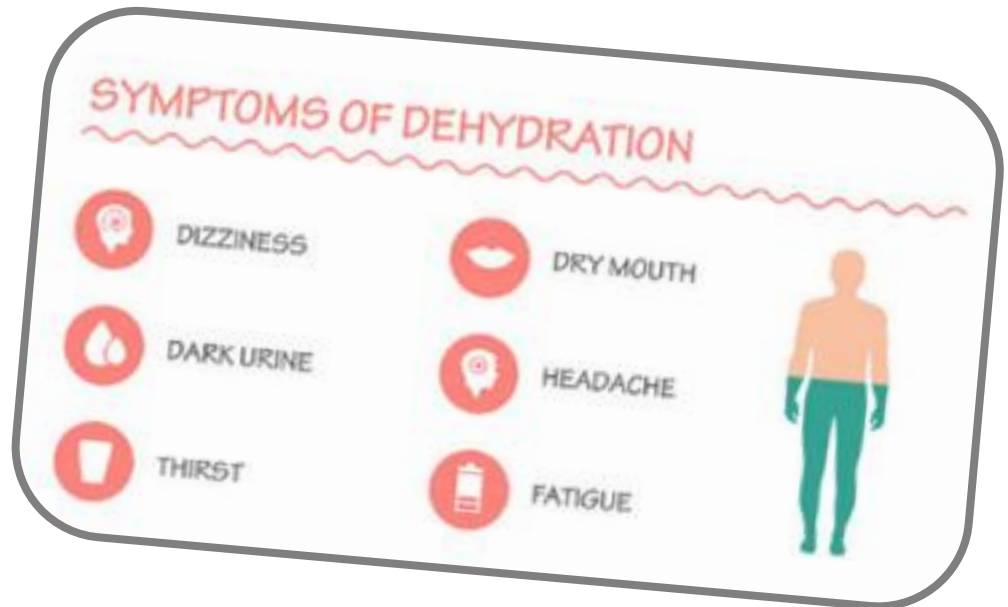
Because dehydration can often be mistaken for hunger, you might gain weight as you try to satisfy your body's needs. Fortunately, the opposite is also true if you're hydrated.



Source: <https://www.cnn.com/2017/09/27/health/benefits-of-water-and-fluids/index.html>

Signs of Dehydration

"Drink your way to better health. Drink water!"



The signs of dehydration differ by age group. Infants and young children may not be able to recognize their need for fluids, so it's critical to provide frequent fluid intake and keep an eye out for symptoms of dehydration: irritability or lethargy, no tears when crying, no wet diapers for as little as three hours, a dry mouth and tongue, sunken eyes and cheeks, and a shrinking of the soft spot on top of head.

Adults show much different signs of dehydration, including fatigue, dizziness, confusion, less-frequent urination and extreme thirst, but the latter has one exception: the elderly. Older adults may not feel thirsty but can still be dehydrated. That's why one of the best ways to tell whether you're lacking fluids is by the color of your urine.

Additional Causes of Dehydration

A lack of fluids is not the only cause of dehydration. Certain blood pressure and diuretic medications can increase urination, as can diabetes that has not been diagnosed or isn't well controlled.

A sudden and extreme episode of diarrhea or vomiting can remove a large amount of fluids in a short amount of time. Add a high fever, and you could be in trouble quickly. Upping fluid intake is critical.

Sweating due to hot, humid conditions or extreme physical activity is another sure way to become quickly dehydrated. Athletes and those who work outside have to be especially careful to avoid heat injuries including muscle cramps, heat exhaustion and seizures.

Hypovolemic shock, in which low blood volume causes a drop in oxygen and blood pressure, is the most serious form of dehydration and can be life threatening.

Fluid In-Take

The vast majority of your daily fluid intake should come from water. A person on a 2,200-calorie diet would drink about 50 fluid ounces of water a day, which is just over 6 cups (1.4 liters). Another 28 fluid ounces, which is 3.5 cups or just over 800 milliliters, could come from coffee or tea.

The next choice in the fluid pyramid is skim milk, also sold as 1% milk, as well as soy or other unsweetened alternatives such as almond milk. For adults who wish to add the beverage to their diet, the maximum amount per day would be two cups (almost 500 milliliters).

Not Just For Athletes or Exercise



Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.

People who have a heart condition, are older than 50 or overweight may also have to take extra precautions.

It's also a good thing to keep tabs on your hydration if you're traveling.

Source: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>

Can I Drink Too Much?

Absolutely! While many athletes understand the importance of proper hydration, most do not realize that over hydrating can dangerously lower blood sodium levels; a condition known as hyponatremia or "water intoxication."

Everyone responds to exercise differently. Ultimately, hydration is not simply a question of drinking fluids. It's about knowing your own body and drinking the right fluids for you and the various activities you participate in, preparing accordingly for various environmental conditions - especially the heat.



Source: <https://sportmedbc.com/news/staying-hydrated-during-hot-summer-weather>

CORONAVIRUS (COVID-19) RESOURCES

The outbreak of coronavirus disease 2019 (COVID-19), caused by the novel (new) coronavirus strain (2019-nCoV) discovered in China, is causing concern for people worldwide. Residents are encouraged to follow the advice of their local and national governments, public health authorities, and health care providers.

NEWS OUTLETS AND HEALTH ORGANIZATION WEBSITES

The following news outlets and health organization websites are updated regularly:

- *CNN* provides live, daily updates here:
<https://edition.cnn.com/specials/asia/coronavirus-outbreak-intl-hnk>
- *Channel News Asia* keeps a running update of the COVID-19 outbreak here:
<https://www.channelnewsasia.com/news/topics/wuhan-virus>
- The U.S. Centers for Disease Control and Prevention (CDC) has a robust hub monitoring the outbreak:
<https://www.cdc.gov/coronavirus/index.html>
- The World Health Organization (WHO) has a page on the novel coronavirus here:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ONLINE ON-DEMAND SEMINAR: BUILD PSYCHOLOGICAL IMMUNITY DURING THE CORONAVIRUS OUTBREAK

In order to help support you during this time, this customized online seminar, "Build Psychological Immunity During the Coronavirus Outbreak," has been created to help you identify and acknowledge the emotions you may be experiencing and offer practical suggestions for coping: Building Psychological Immunity During the Coronavirus Outbreak.

INFORMATIONAL RESOURCES

Finally, the following information may help readers stay informed and cope with stress surrounding such incidents:

Coping with Stress During Infectious Disease Outbreaks
Before and During a Pandemic

The WHO has published this advisory for the public: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Coronavirus Disease 2019 (COVID-19)

What You Need to Know About Coronavirus Disease 2019 (COVID-19)

If You Are Sick with Coronavirus Disease 2019 (COVID-19)

Human Coronavirus Types

Common Human Coronaviruses

The CDC has published this "Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities": <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Coping with Crisis in the Media (Part 1)

Coping with Crisis in the Media (Part 2)



Call: (866) 327-2400

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Email: eap@deeroaks.com

Let's Get Moving!

Move of the Month



JULY JUMP ROPE CHALLENGE

DAY 1 50	DAY 2 75	DAY 3 50	DAY 4 75	DAY 5 65	DAY 6 75	DAY 7 REST
DAY 8 85	DAY 9 65	DAY 10 100	DAY 11 75	DAY 12 155	DAY 13 75	DAY 14 REST
DAY 15 185	DAY 16 155	DAY 17 205	DAY 18 155	DAY 19 225	DAY 20 155	DAY 21 REST
DAY 22 255	DAY 23 155	DAY 24 300	DAY 25 150	DAY 26 350	DAY 27 150	DAY 28 REST
DAY 29 400	DAY 30 275					

IN-SHAPE®

Last Month's Events:

Thursday, June 11, 2020
"TMRS Service Day"

Upcoming Events:

Coming Soon!
Airrosti Webinar