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## Hurricane Preparedness Tips by AquaNew LLC

### *Florida Residents Know the Two “H’s” - Hydration and Hurricanes*

**Sarasota, FL.** – *Hydration* and *Hurricanes*; we hear these two words so often living in Florida, that we tend to tune them out as two “tradeoffs” for “living in paradise.” Unfortunately, according to the Florida Department of Health, nearly 3,000 people are admitted to the emergency room for heat cramps and heat exhaustion each year. For the 2012 Hurricane Season, the National Oceanic and Atmospheric Administration ([NOAA](#)) predicts 9 to 15 named storms (with up to eight hurricanes; three major hurricanes of Category three or higher among them). Staying hydrated (particularly during the warm summer months) and hurricane preparedness are critical. If you’re new to Florida, or just need a refresher, we’d like to share a few tips to get you started.

#### **Hydration**

Some medical practitioners recommend that, for optimum hydration, you drink half of your body weight in ounces of purified water per day (i.e., a 120-lb. person should drink 60 oz. daily). However, in the summer months, or when staving off illness, staying consistently hydrated can be a challenge. By the time you feel thirsty, your body is already dehydrated and has lost at least 1% of its body weight, affecting mood and cognitive performance.<sup>1</sup> At 2%, you’ll begin to experience dry mouth and lethargy and by 10% (or even less body weight loss), dehydration can prove fatal.<sup>2</sup>

According to cardiologist Dr. [Arthur Agatston](#), M.D., when the temperatures rise about 70 degrees outside, you should increase your water intake. He suggests that you pay attention to urine color – light yellow (or clear) vs. dark yellow. The latter often means dehydration. And, if you lose 2 lbs. or more of weight overnight, it is likely from water loss due to sweating during the previous day or during muggy nights following a hurricane event when air conditioning units are non-functioning due to power outage. In all of these cases, the solution is simple – drink more water.

[Dr. Paul Donohue](#), U.S. board-certified in internal medicine, suggests that those who spend a great deal of time working outdoors should hydrate every one to two hours. Longer than two hours and you should eat carbohydrates such as a banana, an orange or a salty snack to maintain good energy levels and bodily functions including metabolism.

#### **Hurricanes**

In your [Basic Disaster Supply Kit](#), store at least one gallon of clean water per person per day for drinking and basic sanitation (i.e. hand cleaning). In warmer climates – such as Florida – that number is double (or, two gallons of clean water per person per day). Remember, you may have to handle unexpected emergencies and also need to take into consideration the activity levels, size and physical condition of the people for which you are storing water. For example, A work crew using power equipment to

remove fallen trees in hot, humid conditions after a storm will require a greater volume of water supply for hydration.

Keep enough water on hand for at least three days. Make sure you select the highest quality water in the sturdiest and best quality container you can buy for long-term storage. Always store bottled water in a dark, cool place.

For more tips about hurricane preparedness presented by the Federal Emergency Management Agency (FEMA), visit [Ready.gov](http://Ready.gov). For Florida-centric storm tracking maps and preparedness information, visit [www.myfloridahurricane.info](http://www.myfloridahurricane.info).

**Visit [www.AquaNew.com](http://www.AquaNew.com) for more information about health benefits of Watt-Ahh® and to access our [Media Kit](#).**

<sup>1</sup> Lieberman, Harris PhD. *The Journal of the American College of Nutrition*. "Hydration and Cognition: A Critical Review and Recommendations for Future Research". [http://www.jacn.org/content/26/suppl\\_5/555S.long](http://www.jacn.org/content/26/suppl_5/555S.long). Retrieved Aug. 23, 2012.

<sup>2</sup> Signs and Symptoms of Dehydration, <http://www.symptomsofdehydration.com/#links>. Retrieved Aug. 23, 2012.