

Soundbite script – How much water is too much?

Elizabeth Clay, nurse practitioner, OSF HealthCare

“Water intoxication comes from drinking too much water. And it can lead to some severe symptoms. You can get a headache, disorientation, confusion, nausea, vomiting – it can even be fatal.” (:13)

Elizabeth Clay, nurse practitioner, OSF HealthCare

“The amount of water that a person should consume is going to be individualized. But overall, your kidneys can only handle so much. And that's between 0.8 and one liter. So, you really don't want to be taking in more than that per hour in water.” (:19)

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“Dehydration can play a major role in water intoxication because when a person feels that they're getting dehydrated, they may try to overcompensate and may drink too much water at one time, and your body can't handle that. So, you'll start to get these symptoms whether it's nausea, vomiting, confusion – just disruption of your brain activity – and that comes from that depletion of sodium. And so, your cells inside your brain are holding on to that water and it causes swelling inside your brain and that can lead to some serious complications.” (:45)

Elizabeth Clay, nurse practitioner, OSF HealthCare

So, if you can, stay indoors and out of the sun during this hot weather. But if you must be outside – if you've got training or some sort of physical activity that maybe your job or work requires – just want to make sure that you're getting those electrolytes and that water that you need. Just don't overdo it.” (:23)