

APPENDIX 1: Assessment of Hydration Status (18)

	Score		
	A	B	C
General condition	Well, alert (1 point)	Restless, irritable (1 point)	Lethargic or unconscious (1 point)
Eyes	Normal (1 point)	Slightly sunken (1 point)	Deeply sunken (1 point)
Thirst	Drinks normally, not thirsty (1 point)	Thirsty, drinks eagerly (1 point)	Drinks poorly or not able to drink (1 point)
Skin turgor*	Goes back quickly (1 point)	Goes back slowly (1 point)	Goes back very slowly (1 point)
Total	Total column A=	Total column B=	Total column C=
*When the skin over the abdomen is gently pinched and released, does it flatten immediately, slowly, or very slowly (more than 2 seconds)?			
Degree of dehydration is scored according to the following classification (take the maximal severity rating applicable)			
No dehydration	Mild dehydration	Moderate dehydration	Severe dehydration
Total column A=4	A=1-3 B=1	B ≥2 AND C <2	C ≥2