



Alison has the classic signs, symptoms, and history of hyponatremia. Restrict her water intake and slowly begin feeding her salty foods with simple sugar and carbs; avoid fats and proteins. Think: salty pretzels and crackers (baked not fried; traditional chips don't work because of their fat content; the same is true for salted nuts), rice and soy sauce, salted apple or melon slices, etc. She should start to feel better within 4-6 hours. Once she does, have her continue to eat foods with sodium, minimize exercise, keep cool, and drink less water. Make sure she monitors her urine color and output. It will likely take a few more days for her initial acclimatization to kick in.

