




# Am I Dehydrated?

Water is important to help your body work properly. Dehydration (when your body loses more water than it takes in) can make people suffer from the following problems:



- Dry mouth
- Headache
- Dizziness
- Confusion
- Constipation
- Tiredness
- Falls
- No interest in activities
- Urinary tract infections

## 1. Compare the colour of your urine (pee) to the chart below.

1	Hydrated		Carry on drinking water as usual
2			
3			
4	Dehydrated		Drink a large glass of water now.
5			
6			
7	Severely Dehydrated		Drink lots of water now and then every hour. If it does not get better, call the doctor
8			

## 2. What can you do?

**1** Drink water and fluids through the day and at mealtimes



**2** Always have water available to drink and within easy reach



**3** In warm weather drink more water and fluids



**4** Eat more fruit and vegetables which can also help with hydration



**5** Sucking ice-pops and ice cubes can also help!



**3. Remember: 1 – 3 is healthy pee**

**4 – 8 you must hydrate**

