


Staying hydrated is easy when you know how

Knowing the signs of dehydration

Dehydration means your body loses more fluids than you take in. If it isn't treated it can get worse and become a serious problem. Symptoms in both adults and children include:

- feeling thirsty
- dark yellow and strong smelling pee
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips and eyes
- peeing little, and weeing less than 4 times a



#waterkeepsyouwell

Staying hydrated and consuming the right amount of fluids is important for your health and wellbeing.

Medical evidence shows that staying hydrated can assist in preventing conditions such as: pressure ulcers, heart disease, diabetes, and low blood pressure. It is also recognised that staying hydrated helps to keep you alert and feel generally healthier.

Did you know? The human body is made up about 60% water.

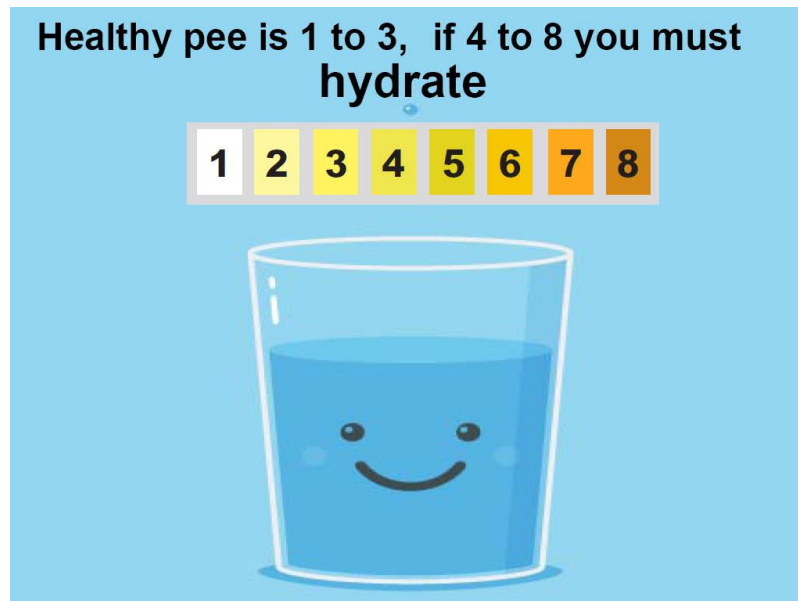
Good hydration can assist in preventing or treating ailments such as:

- Pressure ulcers
- Constipation
- Urinary infections and incontinence
- Kidney stones
- Heart disease
- Low blood pressure
- Diabetes (management of)
- Cognitive impairment
- Dizziness and confusion leading to falls
- Poor oral health
- Skin conditions

How to tell if you're dehydrated

- Thirst
- Urine that has a strong odour can indicate dehydration or infection
- Urine being a dark colour
- Dry mouth
- Headache
- Constipation
- Dizziness
- Muscle cramps
- Impaired vision and concentration
- Fatigue

Urine chart – keeping hydrated



You are hydrated if your urine is the same colour as 1, 2, or 3 on the chart below. If your urine is the same colour as 4, 5, 6, 7, or 8 then it's time to rehydrate and have a drink.

Hints and tips to stay hydrated

- Fruits and vegetables are great sources of water. Eat these daily to stay hydrated and maintain your health and wellbeing
- Keep a water bottle handy to encourage you to drink water wherever and whenever
- Remember to drink more when you exercise or spend time in hot environments
- Set reminders on your phone, watch or email to drink a glass of water regularly
- Add a slice of lemon, lime and/or basil to your water to give it some extra flavour

For more information visit www.nhs.uk/Livewell