

Don't tempt fate... Re-hydrate!



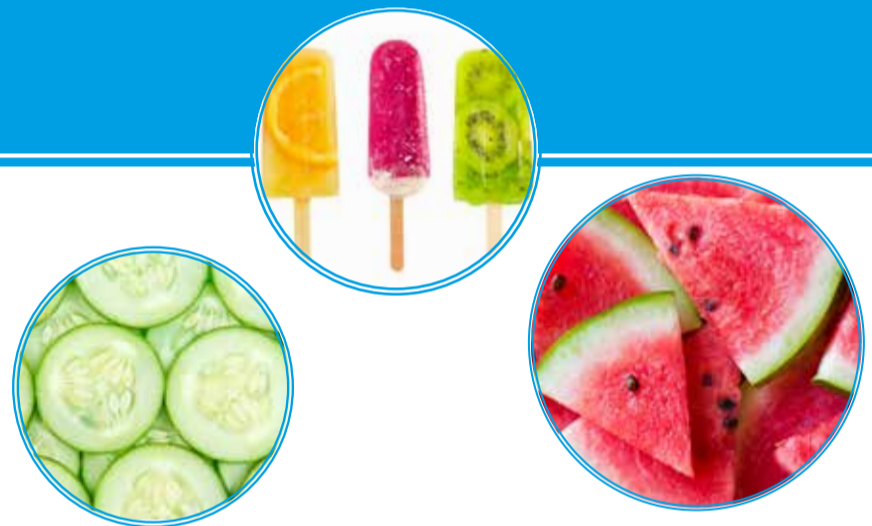
Mild to moderate symptoms

- Feeling thirsty and lightheaded
- Dry mouth
- Tiredness
- Dark coloured, strong smelling urine
- Passing urine less often than usual
- Dry skin
- Headache
- Constipation


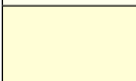
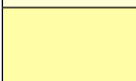

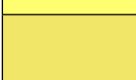
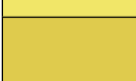
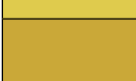

Severe symptoms

- Irritability/confusion
- Little or no urine
- Weak rapid pulse
- Low blood pressure
- Fast breathing
- Dry mouth and tongue
- No sweat or tears

Hydration does not always have to come from fluids. There are lots of foods out there that are not only nutritious, but have a high water content too. These foods may be considered when achieving adequate levels of hydration when through fluids alone is difficult. Some high water content foods are pictured to the right:



How hydrated are you?

Colours 1-3 suggest normal urine	
	1. Clear to pale yellow urine suggests that you are well hydrated.
	2. Light/transparent yellow urine suggests an ideal level of hydration.
	3. A darker yellow/pale honey coloured urine suggests that you may need to hydrate soon.
Colours 4-8 suggest you need to rehydrate	
	4. A yellow, cloudier urine colour suggests you are ready for a drink.
	5. A darker yellow urine suggests you are starting to become dehydrated.
	6. Amber coloured urine is not healthy, your body really needs more liquid. All fluids count (except alcohol).
	7. Orange/yellow urine suggests you are becoming severely dehydrated.
	8. If your urine is this dark, darker than this or red/ brown, it may not be due to dehydration. Seek advice from your GP.

For more information visit: www.healthywalsall.co.uk/health-protection



Walsall Council