

Dehydration

Simple steps to prevent it

Check the colour of your urine:

1

2

Healthy wee is 1 to 3

3

4

5

4 to 8, must hydrate!

6

Signs you are not drinking enough:

- dry mouth
- thirst
- headache
- loose skin
- dark or strong smelling urine
- constipation
- tiredness

7

8

Aim to drink 6-8 cups of fluid per day

* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.

* This information does not replace advice from medical or healthcare professionals.



Keep Wirral Well

NHS