



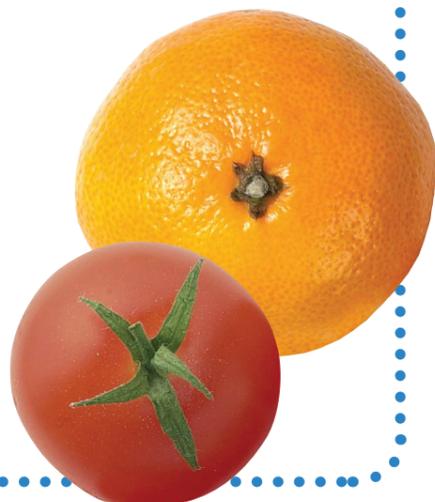
# Every Sip Counts...



## Guide to staying hydrated this summer!

### The facts

- Your body is 60% water.
- Dehydration happens when your body loses more water (e.g. through sweating or passing urine etc.) than you take in.
- 1.5 litres of water is removed from your body every day as urine.
- Dehydration can affect your brain function and prolonged dehydration can lead to short term memory loss and heat stroke in the warmer months.
- Dehydration can cause E. coli infections such as urine (water) infections.
- To prevent dehydration, you should drink 8 glasses or cups (2 litres) of fluid daily.
- You should drink more than 8 glasses (or cups) a day if it is hot or you are exercising.
- Babies, children and older adults are more at risk of becoming dehydrated.
- You are more at risk of dehydration if you have diarrhoea, vomited or have drunk too much alcohol.
- Certain watery fruits and salad items (watermelon, cucumber, citrus fruits, berries, tomatoes etc) as well as some foods such as yoghurts, soup, ice cream/lollies and jelly contain water.



### Symptoms of dehydration

- Feeling dry / thirsty
- Dark coloured, strong smelling urine
- Feeling dizzy or tired
- Not passing much urine in a day
- Constipation
- Confusion or more confused than usual for those with dementia
- Dry mouth and lips
- Headaches

### The solutions

- Be aware of the extra water you lose when drinking alcohol. For every alcoholic drink you consume, have a soft or non-alcoholic drink in-between to stay hydrated and prevent a bad hangover!
- Make sure you have a bottle of water on hand when you are exercising.
- Drinks that are great at keeping you hydrated include: water, squash, fruit juice, smoothies, herbal tea, milk etc. Drinking tea and coffee are great ways of keeping you hydrated but best to stick to decaffeinated.
- Keep hydrated in warmer weather, drink plenty!