

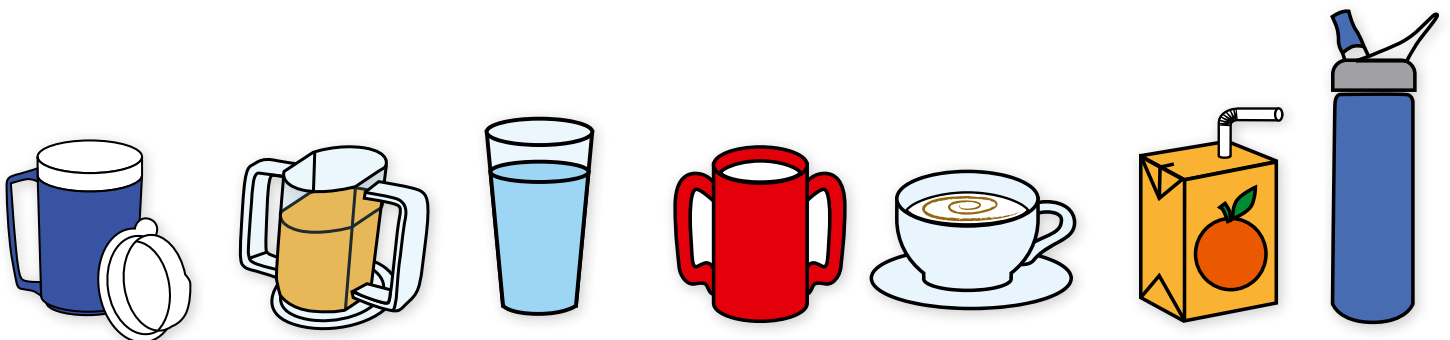


Are you or an older person you care about at **risk of dehydration?**

Good hydration is really important and can help reduce the risk of headaches, dizziness and confusion, urinary infections, constipation, kidney stones and skin conditions such as pressure ulcers.

Spotting the signs and symptoms:

- ✓ eating/drinking less than usual (feeling thirsty)
- ✓ coloured or small amounts of urine
- ✓ headaches
- ✓ tiredness
- ✓ dry mouth, lips or eyes
- ✓ suffering from a lack of concentration
- ✓ confusion
- ✓ constipation
- ✓ urinary tract infections.



What should you drink: Aim for at least eight drinks per day. Any fluid, except alcohol counts including milk, water, tea, coffee and fruit juice.

The key is to drink regularly with sufficient amounts throughout the day.