

# Prevent Dehydration

## Drink Liquids for Life: Prevent Dehydration



To stay healthy, it is important to take in enough liquids everyday. Dehydration is when your body does not have enough water to function well.

**For good health, drink 6 to 8 glasses (a glass should hold 8 ounces) of liquid everyday.**

Young children and the elderly are especially at risk for dehydration so it's important they get enough liquids.

### **Warning Signs of Dehydration**

Thirst, dry mouth or eyes, dark urine, tiredness, confusion, muscle cramps, and dizziness.

### **Tips to Prevent Dehydration**

- Drink 6 to 8 glasses (a glass should hold 8 ounces) of fluid everyday.
- In very hot or cold weather, you may need to drink more.
- If you have a cold, flu, diarrhea or vomiting, you may need to drink more.
- Drink before you exercise and drink more after you have finished.
- When you drink fluids with alcohol or caffeine (such as tea or coffee), your body loses water so limit drinks with alcohol or caffeine.
- Bring a bottle of water when you go out on a hot day.

**Don't be thirsty,  
try various drinks!**

- Low-fat milk
- 100% fruit juice (young children should drink no more than 6 ounces of fruit juice a day)
- Lemonade
- Sports drink
- Decaf coffee or tea

### **Healthy Drinking Tips**

- Limit sugary drinks especially if you are overweight or have diabetes.
- Sometimes, when you lose fluids from your body, you can also lose valuable minerals. You can replace the minerals and fluids by having drinks like Gatorade® or Pedialyte®.

