



Water you waiting for?



Water is essential for keeping your body functioning properly. Even mild dehydration can reduce concentration, increase fatigue, and decrease physical performance. With all that being said, being dehydrated can increase your risk of injury or heat-related illness. By the time you feel thirsty, your body may already be dehydrated!



When it's 4pm and you realize you haven't drank any water.

Warning Signs of Dehydration

- Thirst, dry mouth
- Chapped lips
- Headache
- Fatigue or low energy
- Dizziness/Light-headedness
- Muscle cramping
- Dark yellow urine or urinating less often

Serious Symptoms

- Confusion or difficulty concentrating
- Rapid heartbeat
- Fainting
- Extreme weakness
- Vomiting; inability to keep fluids down.
- You stop sweating in hot conditions

If severe symptoms occur, seek medical attention immediately!

Tips to Avoid Dehydration and Heat-Related Illness

- Drink water consistently throughout the day – not just when you're thirsty.
- Start your day by drinking a glass of water
- Increase fluid intake when working outdoors and exercising- consider adding an electrolyte drink
- **Take regular and frequent breaks** in shaded or air-conditioned areas when possible.
- Eat foods rich in water, such as watermelon, cucumbers, oranges, and strawberries.
- Carry a reusable water bottle and refill often.
- Try to avoid caffeinated beverages. Moderate amounts still contribute to fluid intake, but water should be your primary source of hydration.