Are you drinking enough water?

During the hot summer months, drinking enough fluids to stay hydrated is extra important. It is one of the best ways to prevent heat illness. A simple way to check if you are drinking enough fluids throughout the day is the color of your urine.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Urine Color 1" /></td>
<td><img src="image2" alt="Urine Color 2" /></td>
<td><img src="image3" alt="Urine Color 3" /></td>
<td><img src="image4" alt="Urine Color 4" /></td>
<td><img src="image5" alt="Urine Color 5" /></td>
<td><img src="image6" alt="Urine Color 6" /></td>
<td><img src="image7" alt="Urine Color 7" /></td>
<td><img src="image8" alt="Urine Color 8" /></td>
</tr>
</tbody>
</table>

**You are hydrated**
- if your urine matches the urine color chart 1 through 3

**You are dehydrated**
- if your urine matches the urine color chart 4 through 8*

What else can change the color of urine?
- Some foods
- Some medicines
- Some vitamins

You may need to check your hydration another way when taking vitamin supplements or medicine.

* Seek medical help if your urine matches color 8 on the urine color chart. May indicate blood in urine or kidney disease.

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Visiting choa.org/summersmarts for more summer safety tips.