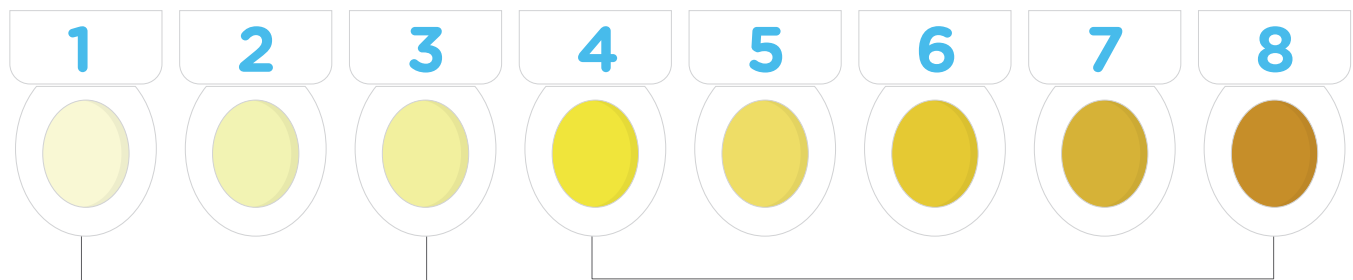


# Are you drinking enough water?

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.



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.

