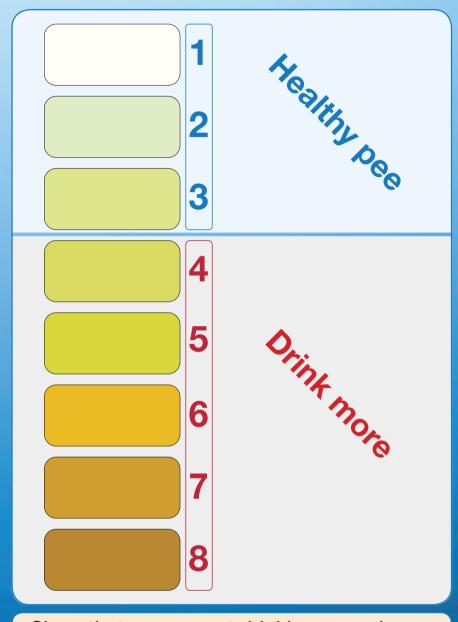


Spotting the signs of dehydration simple first steps...

Use this urine colour chart to check for signs of dehydration

Healthy pee is 1 to 3 ... 4 to 8 Must hydrate*



Signs that you are not drinking enough:

- Dry mouth
- Loose skin
- Thirst
- Dark or strong smelling urine
- Headache
- Constipation

You should aim to drink 6-8 mugs of fluid per day

* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.



ARHAI Scotland

Antimicrobial Resistance and
Healthcare Associated Infection







Scottish Antimicrobial Prescribing Group





