



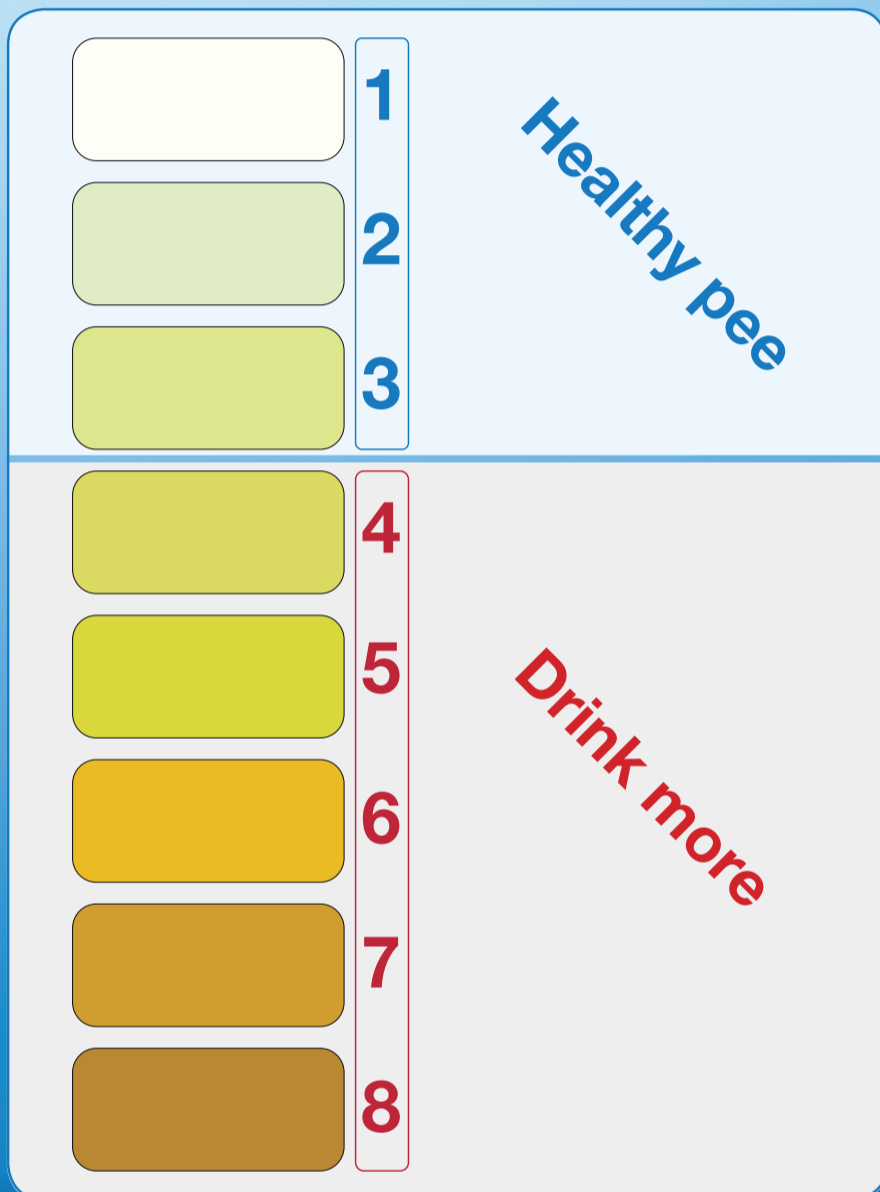
# Spotting the signs of dehydration

## 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
- Thirst
- Headache
- Loose skin
- Dark or strong smelling urine
- 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.