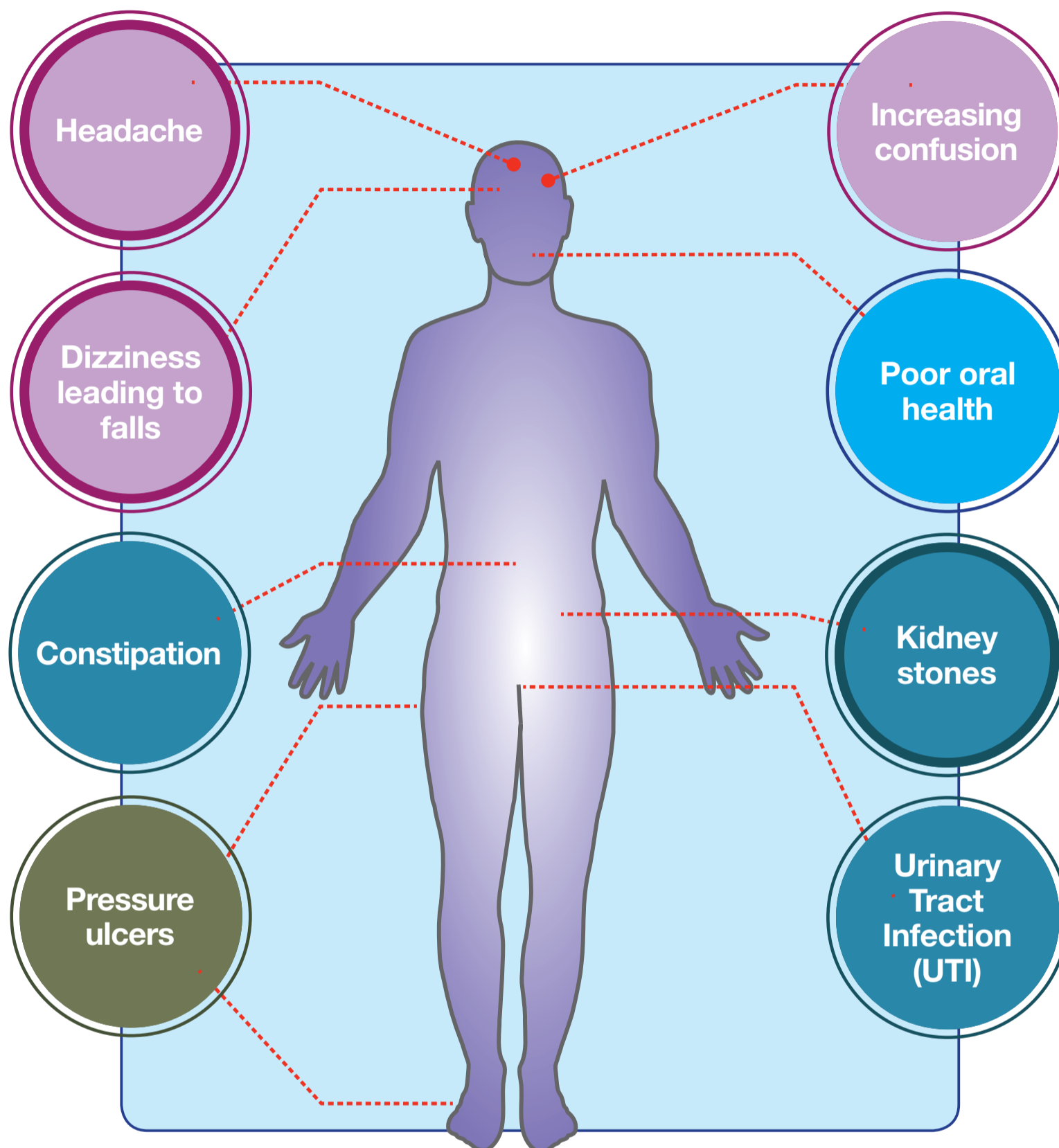


Effects of dehydration



Spotting signs and symptoms of dehydration



- Drinking less
- Feeling thirsty



- Headaches
- Tiredness
- Dry mouth/lips/eyes
- Poor oral health
- Confusion



- Dark urine
- Small amount of urine
- UTI
- Constipation

How much should an adult drink?

- 6 to 8 mugs per day unless fluid is restricted