

# Do I Need to Drink More Water?



Working hard and in the heat can make you sweat a lot and become dehydrated. Being **dehydrated** means your body has lost the water it needs to be healthy and work well.

## How do you know if you are dehydrated and need more water?

Your urine changes color depending on how **hydrated** you are, meaning how much water is in your body. The lighter-colored urine means you are drinking enough water and the darker-colored urine usually means you need to drink more water or in some cases, seek medical care.

This chart will show you how urine looks when you are hydrated or dehydrated.



### Hydrated

Great job drinking water!



### Slightly Dehydrated

Drink water soon!



### Dehydrated

Drink water now!



### Severely Dehydrated

Drink water right away and seek medical care!

### Important:

This color urine chart should only be used as a guide. Get in touch or call your healthcare provider if you are worried about the color of your urine.