

Stay Hydrated in the Heat



When you work outside in the heat, your body loses water, salt and other important minerals called electrolytes. If your body loses too much water and electrolytes, you may start to feel sick. To avoid this, you can do the following:

Drink water throughout the day

- Drink 1 bottle of water (16 ounces or 0.5 liters) about 2 hours before you leave for work.
- Drink 1-2 bottles of water (0.5 liter to 1 liter) **every hour** while you work in the heat.
- Drink water after you get home from work to continue to replace what you lost through sweating at work.



Drink healthy, low-sugar beverages

- You can drink coconut water, electrolyte drinks (such as sport drinks), and “aguas frescas” (made from fresh fruits or vegetables). It is best if these drinks are low in sugar.
- Many sports and energy drinks have too much sugar. If you drink sports drinks, add water to them so that they are about 2/3 water and 1/3 sports drink. Avoid drinking energy drinks.
- Alcohol dehydrates. Avoid drinking alcohol on days you work.



Eat these foods during the day

- Dairy: fresh cheese, yogurt
- Protein: Beans, lentils, chicken, fish
- Seeds and nuts: sunflower seeds, almonds, cashews
- Fruits: watermelon, banana, oranges, cucumber, avocado
- Vegetables: spinach, broccoli

