Stay hydrated in the heat

**In the morning**
Drink 1 bottle of water (16 ounces or 0.5 liters) about 2 hours before you start work.

**During the day**
Drink 1-2 bottles of water (0.5 to 1 liters) **every hour** while you work.

**In the night**
Drink water when you’re back home to replace the fluids you lost while sweating at work.

It’s also important to replace the minerals you lost while sweating. You can drink coconut water, electrolyte drinks (like suero) and aguas frescas (made of fresh fruits or vegetables). It’s best if these drinks are low in sugar.

Call the Call for Health Helpline:
1 (800) 377-9968 or WhatsApp al 1 (737) 414-5121

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Your urine changes color depending on how hydrated you are. Lighter-colored urine means you are drinking enough water, and darker-colored urine means you need to drink more water.

- **Hydrated**
  - Great job drinking water!
- **Slightly dehydrated**
  - Drink water soon!
- **Dehydrated**
  - Drink water now!
- **Very dehydrated**
  - Drink water now and seek medical care!