

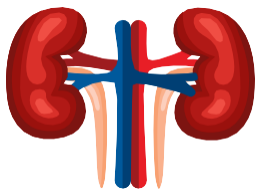
Protect Your Kidneys While Working in the Heat



When you work outside in the heat, you sweat and lose a lot of water. If you do not drink enough water, you can get dehydrated. This means your body does not have enough water to work the right way. Dehydration can cause symptoms like headache, dizziness, and urinating less than normal, and it can hurt your kidneys. If it happens a lot, it can cause permanent damage.

Your kidneys help your body get rid of things it does not need, like extra waste or water. When your kidneys get sick, they can no longer do their job!

How Can You Protect Your Kidneys When Working in The Heat?



Drink water and other drinks like coconut water, electrolyte drinks (like *suero*), and *aguas frescas* (made of fresh fruits or vegetables) to help replace what you lose when you sweat. These drinks help keep your kidneys working well and may prevent kidney disease, which can get worse over time.

It's important to remember to take short breaks to drink water while working. You should drink water:

In the Morning	During the Day	At Night
Drink 1 bottle of water (16 ounces or .5 liters) about 2 hours before you work	Drink 1-2 bottles of water (.5 to 1 liters) every hour while you work	Drink water when you are back home to replace the water you lost while working



Remember, if the color of your urine is:

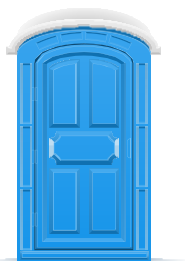
Light yellow or clear, you are drinking enough water	Dark yellow, it means you need to drink more water	Burnt orange or dark brown, drink water now and seek medical care!

What are the Signs and Symptoms of Chronic Kidney Disease?

Many outdoor workers might not know they have chronic kidney disease until it gets worse!
If you do get sick, you may notice:



Dry, itchy skin



Urinating more or less than usual
Urine looks different in color or has bubbles



Not feeling hungry
Losing weight without trying



Feeling tired or you cannot think
Having trouble sleeping



Upset stomach or throwing up



Swelling around eyes or in
arms, ankles, and feet

When Should You Get Checked for Chronic Kidney Disease?

If you have any of these signs and symptoms, it is important to visit a health center or clinic to get checked. Getting checked early helps keep your kidneys healthy!

During your checkup appointment, please remember to tell your doctor or nurse that you work outdoors in the heat!



Call the NCFH Call for Health Helpline to find a health center near you: 1 (800) 377-9968 or WhatsApp at 1 (737) 999-4162.

You can also search using [HRSA's Find a Health Center tool](#).



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