



ST HELENS
BOROUGH COUNCIL

ST HELENS
CARES

Hy5

Spot signs of dehydration





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Use this chart to check urine for dehydration

Hydrated

Healthy pee is 1-3

Dehydrated

4-8 drink more fluids to rehydrate

Severely dehydrated

Drink fluids straight away

1

2

3

4

5

6

7

8

Hy5

Top 5 tips to prevent dehydration

- 1 Keep a drink close and sip throughout the day
- 2 Increase cup size
- 3 Have a range of drinks available
- 4 Swap dry snacks for fruit/veg high with high water content
- 5 Drink more fluids when you are active

Note: Certain foods, medication can change the colour of urine.
Ask your health professional for hydration advice if you are on fluid restriction.