



ST HELENS
BOROUGH COUNCIL

ST HELENS
CARES

1

2

3

4

5

6

7

8

Hy5

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

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.*