

Are you dehydrated?

IF YOUR BODY LOSES MORE WATER THAN IT GETS, YOU CAN BE DEHYDRATED

LEFT UNTREATED, THIS CAN LEAD TO HEAT EXHAUSTION AND HEAT STROKE

IT TAKES JUST A 2% LOSS OF TOTAL BODY WATER TO BECOME DEHYDRATED

Like alcohol, dehydration can:



Reduce concentration
and slow
reaction times



Impair memory
recall and negatively
impact mood



Impact ability to do things
safely like drive or
operate machinery

Thirsty? You're already dehydrated!

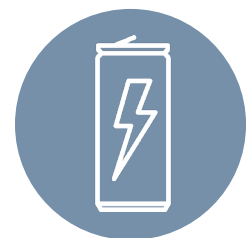
To prevent dehydration:



Drink small amounts
often, especially in hot
environments



Try to schedule
strenuous work to
cooler times of day



Avoid energy drinks,
they can increase
dehydration

Urine colour can be a useful hydration indicator



NEED ADVICE? CALL HEALTHLINE ON 0800 611 116

Health New Zealand
Te Whatu Ora