

DON'T WAIT TO HYDRATE!



Flavor water with Mio, Crystal Light, Liquid IV, or a splash of juice. Infuse with cut fruit, or try sparkling water



Eat foods with high water content like cucumber, celery, tomato, watermelon, greens, and grapes



Carry a reusable water bottle with you



Set a reminder on your phone to refill your water bottle



Avoid large amounts of caffeine, sugar sweetened drinks, and alcohol

EARLY SIGNS OF DEHYDRATION

BE AWARE

Dry mouth



Dark urine



Early fatigue



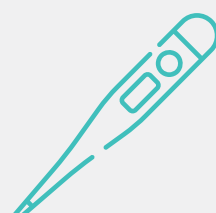
Fast heartbeat



Headache



High Body temp



Use the tips above to prevent or correct these symptoms at first sign.