



SUMMER SAFETY TIPS: AVOIDING DEHYDRATION

Dehydration can occur when your body does not retain enough water. Drinking before you become thirsty is the best defense against dehydration. You are already mildly dehydrated if you are thirsty, which can result in symptoms that include headache, fatigue, dizziness, and more. Life-threatening conditions like heatstroke can be caused by dehydration.

How to avoid dehydration



1. Drink sufficient amounts of water daily.

2. Track your daily water consumption.



3. Reduce drinking alcoholic and/or caffeinated beverages.

4. Always drink filtered water for better hydration.

