

# TOP TIPS ON STAYING HYDRATED

**Aim to drink 6-8 glasses of fluid a day**

**Water • Tea • Cordials • Fruit Juice • Coffee**

All fluids count except alcohol

## Signs of Dehydration

- Headache
- Dizziness
- Nausea
- UTIs
- Irritability
- Pressure Sores
- Confusion
- Constipation

## Foods rich in water can also keep you hydrated

- Vegetables
- Ice Lollies
- Soups
- Custard
- Yoghurts
- Stews
- Fruit
- Jelly

## TOP TIP

**Drink a glass of water whilst you're waiting for the kettle to boil.**

