

It is important to stay hydrated when you're at work, out and about or at home. It is recommended that the average Australian drinks 8 glasses of water per day, even more if engaged in physical activity.

If our body doesn't get this vital hydration we run the risk of dehydration which can affect our brain's ability to function. This can even land us in hospital in severe cases!

One indicator of dehydration is the colour of your urine. Typically the darker your urine, the more dehydrated you are.

See how hydrated you are with the urine chart below



Water is vital to your health,
70% of our body is made of the stuff!

You are doing well! You are well hydrated but keep topping up with water.

You're doing fine, but maybe you need to drink a little more water.

This colour indicates mild dehydration. You need to drink one cup of water soon and keep topping up.

You are dehydrated and need to drink at least 500ml of water within the next hour.

This colour indicates severe dehydration. You need to drink 500ml of water asap and continue to drink another 500ml over the next hour or so.

For more facts about how you can stay healthy and stay hydrated visit our website

chw.net.au/choosetap



**BE
SMART
CHOOSE
TAP**