

NAME: ..... DAY: .....



When the weather's warm, aim to have around **EIGHT BIG DRINKS A DAY.**

Water, fruit juice, squash or tea all count.

Keep an eye on any older relatives and make sure they are drinking regularly throughout the day.

Early signs of dehydration are thirst, not going for a wee so often and having darker wee.

Later symptoms could be:

- feeling dizzy or light-headed
- having a headache
- feeling tired
- a dry mouth, lips or eyes.

