



Fluid Facts

The importance of staying hydrated



Fluids can help you:

- Effectively move nutrients and waste through your body.
- Keep your blood pressure in a normal range.
- Protect your joints and organs during everyday activity.
- Control your temperature; keeping you from overheating.
- Lower your risk of dehydration and heat-related illness.

Try to drink more water in these situations:

- Physical activity and exertion
- Heat and/or dry climate
- Drinking beverages that contain caffeine, alcohol or energy drinks
- Wearing personal protective equipment that is heavy
- Poor physical condition or illness
- Pregnancy
- Consuming foods and beverages that are high in salt
- Some over the counter and prescription medicine (i.e., histamines, blood pressure pills)



When properly hydrated, mental acuity, focus and energy levels are all optimal. You just feel better!



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60% of your body is water by weight

www.USGS.gov

Signs of dehydration:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Light headedness, dizziness and fainting
- Medium to dark yellow, strong smelling urine
- Low blood pressure and increased heart rate
- Constipation
- Feeling irritated
- Fatigue
- Heat intolerant

Don't wait until you are thirsty

You are already dehydrated when you start to feel thirsty. Be sure to hydrate regularly throughout every day. If your job is moderately active or takes place in moderately hot conditions, consider drinking about one cup of water every 15 to 20 minutes. To meet your fluid needs throughout the day, choose water most often. Remember that other fluids like milk and juice also count towards your daily fluid intake. Try to avoid soft drinks and limit drinks with caffeine to three cups per day.

How much do I need?

Women:

19 years and older	9 cups per day
Pregnant	10 cups per day
Breastfeeding	12 cups per day

Men:

19 years and older	13 cups per day
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How do I know if I'm drinking enough?

Check your thirst - If you are thirsty or your mouth is dry you are probably not drinking enough. Try to drink fluids often throughout the day.

Check your urine - If your urine is a dark yellow color and has a strong smell, you may not be getting enough fluids. When it's light yellow or clear it usually means you are drinking enough. The amount of urine you make can also be a sign of your hydration status so if you are making less urine than usual, you most likely need more fluids.

Check how you are feeling - Some signs that you are dehydrated include feeling tired or light-headed, having trouble focusing or having headaches.

Tips to meet your fluid needs

- Pay attention of your thirst and drink fluids often throughout the day – especially during hot weather and when active.
- Water is the best choice when you are thirsty – caffeinated drinks should be limited.
- Enjoy other fluids such as milk, 100% vegetable and fruit juices and soups to help you meet your fluid needs and water-rich foods, like watermelon.
- Take sips of water anytime you are eating.
- Keep a jug full of ice water in your fridge at home or at work.
- Consider adding fruit to your water to make it more flavorful.

Dehydration and health risk

Chronic dehydration is hard on the body and can lead to an increased risk of health problems such as:

- Diabetes
- Stroke
- Gallstones
- Kidney/bladder stones
- Heart disease
- Cancer
- Blood clots
- Urinary tract infection
- Gum disease

References

Get the facts on drinking water from the CDC. <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

Learn the importance of staying hydrated, and find additional resources and suggestions for how to do so. (American Heart Association) <https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy#WXLspDrs5g>

UnlockFood.ca source: Facts on Fluids-How to Stay Hydrated

Anderson, Lynice. 2009. Lead your employees to water and urge them to drink! EHS Today. Accessed 5/7/2020: <https://www.ehstoday.com/health/article/21905248/lead-your-employees-to-water-and-urge-them-to-drink>.