

OPERATION HYDRATION



Tips for Staying Properly Hydrated

- Limit alcoholic beverages, coffee, tea, cola, and energy drinks.
- Drink 8oz of water for every 10-15 minutes you exercise.
- Drink more fluids on windy days. Wind takes water away from you.
- Drink water in regular intervals, especially on hot days. Try to drink something every 20 minutes.
- You should be urinating at least 3 times per day. Urine should be clear and light in color, if properly hydrated.
- Plan ahead. Have plenty of water with you in your car, at work, and on the go.
- Wear light, loose clothing on hot days.
- Stay in the shade and out of direct sunlight as much as possible.
- Keep an eye on the elderly and small children during excessive heat.
- Make sure pets have plenty of cold water.
- Do not drink water from a pond, lake, river, creek, mountain, or any other untreated water source. Doing so could make you very ill.
- Always follow the advice of your healthcare provider.