

Stay hydrated in the heat



In the morning

Drink 1 bottle of water
(16 ounces or 0.5 liters)
about 2 hours before
you start work.



During the day

Drink 1-2 bottles of water
(0.5 to 1 liters) **every hour**
while you work.



In the night

Drink water when
you're back home to
replace the fluids you
lost while sweating at
work.

It's also important to replace the minerals you lost while sweating. You can drink coconut water, electrolyte drinks (like suero) and aguas frescas (made of fresh fruits or vegetables). It's best if these drinks are low in sugar.



NCFH

National Center for Farmworker Health, Inc.

Call the Call for Health Helpline:

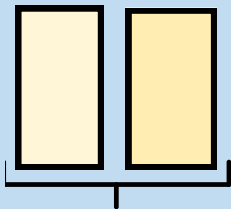
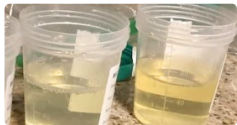
1 (800) 377-9968 or WhatsApp at 1 (737) 414-5121

This publication was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,742,742.00 with 0 percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

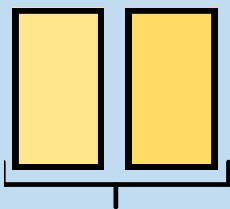
Do I need to drink more water?



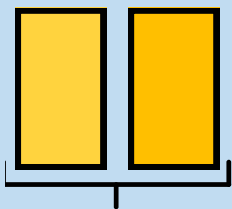
Your urine changes color depending on how hydrated you are. Lighter-colored urine means you are drinking enough water, and darker-colored urine means you need to drink more water.



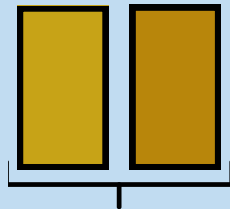
Hydrated
Great job
drinking water!



**Slightly
dehydrated**
Drink water soon!



Dehydrated
Drink water now!



**Very
dehydrated**
Drink water now
and seek medical
care!