

# 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.

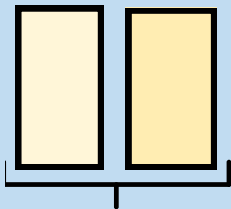
It's also important to replace the minerals you lost while sweating. You can drink coconut water, electrolyte drinks (like suero) and aguas frescas (made of fresh fruits or vegetables). It's best if these drinks are low in sugar.



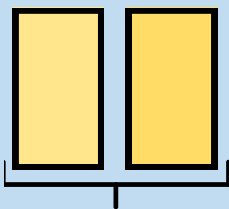
# Do I need to drink more water?



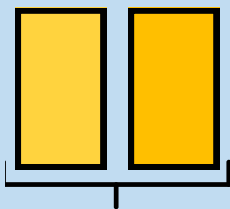
Your urine changes color depending on how hydrated you are. Lighter-colored urine means you are drinking enough water, and darker-colored urine means you need to drink more water.



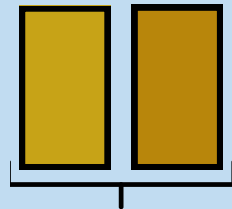
**Hydrated**  
Great job  
drinking water!



**Slightly  
dehydrated**  
Drink water soon!



**Dehydrated**  
Drink water now!



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