

# Signs and symptoms of dehydration

Signs of dehydration are visible in your urine. Dark and strong smelling urine is a clear sign that you need to drink more fluids.

Other symptoms of dehydration include –

- dizziness
- headaches
- tiredness
- lack of concentration

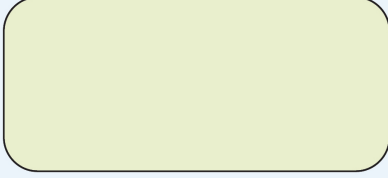
If dehydration is left untreated, it can become severe. Severe dehydration is a medical emergency and requires immediate medical attention.

You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. Drink regularly throughout the day,

Use the urine colour chart to check for signs of dehydration. Healthy pee is 1-3, 4-8 must hydrate.



1

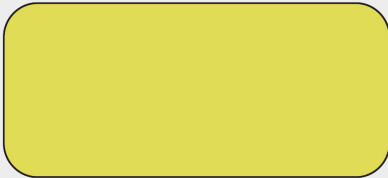


2



3

*Healthy pee*



4



5



6



7



8

*Drink more*