

Don't Dry Out

How much water does your body need? It depends on the circumstances. If you're active on a hot day, you need more water than if you're sitting in an air-conditioned office. An average person on an average day needs about 3 quarts of water.

Signs of dehydration in adults include:

Thirst, dry skin, urinating less often than usual, having dark-colored urine, feeling tired, or dizziness and fainting.

Stay cool and hydrated when out in the heat:

Limit outdoor activity to **morning and evening** hours.

Cut down on exercise when it's hot.

Drink **two to four glasses** of cool fluids each hour.

Try to **rest often** in shady areas.

Protect yourself from the sun by wearing a **hat and sunglasses**.



Try the Water Tracker tool to keep track of how many glasses of water you drink each day: <https://livingwell.provantonline.com>.

Living Well resources are available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.