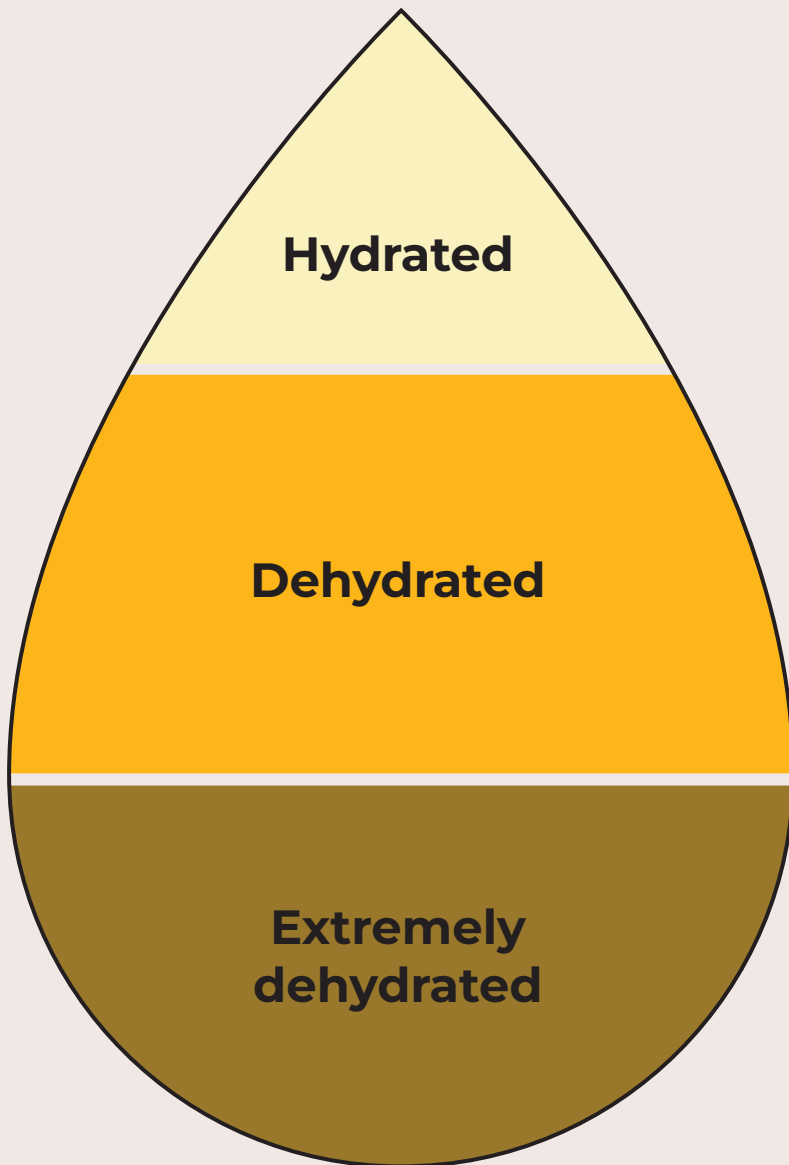


in the know about H2O.

ARE YOU DRINKING ENOUGH H2O? FIND OUT WHEN YOU GO. THE COLOR OF YOUR URINE CAN HELP YOU DETERMINE IF YOU NEED TO DRINK MORE WATER.



Hydrated

Drink water as normal.



Dehydrated

Drink about 8 oz. of water within the hour. More if sweating or outside.



Extremely dehydrated

Drink about 16 oz. of water right now. More if sweating or outside.

Consult a physician if darker or red. If dehydration continues, it can cause kidney stones, urinary tract infections and more.

Tip

Up to 100 pounds, drink about half your weight in ounces of water daily.

80lb = 40oz. of water

Learn more at [childrens.com/urology](https://www.childrens.com/urology).

Check with your physician about how much water your child should drink daily.