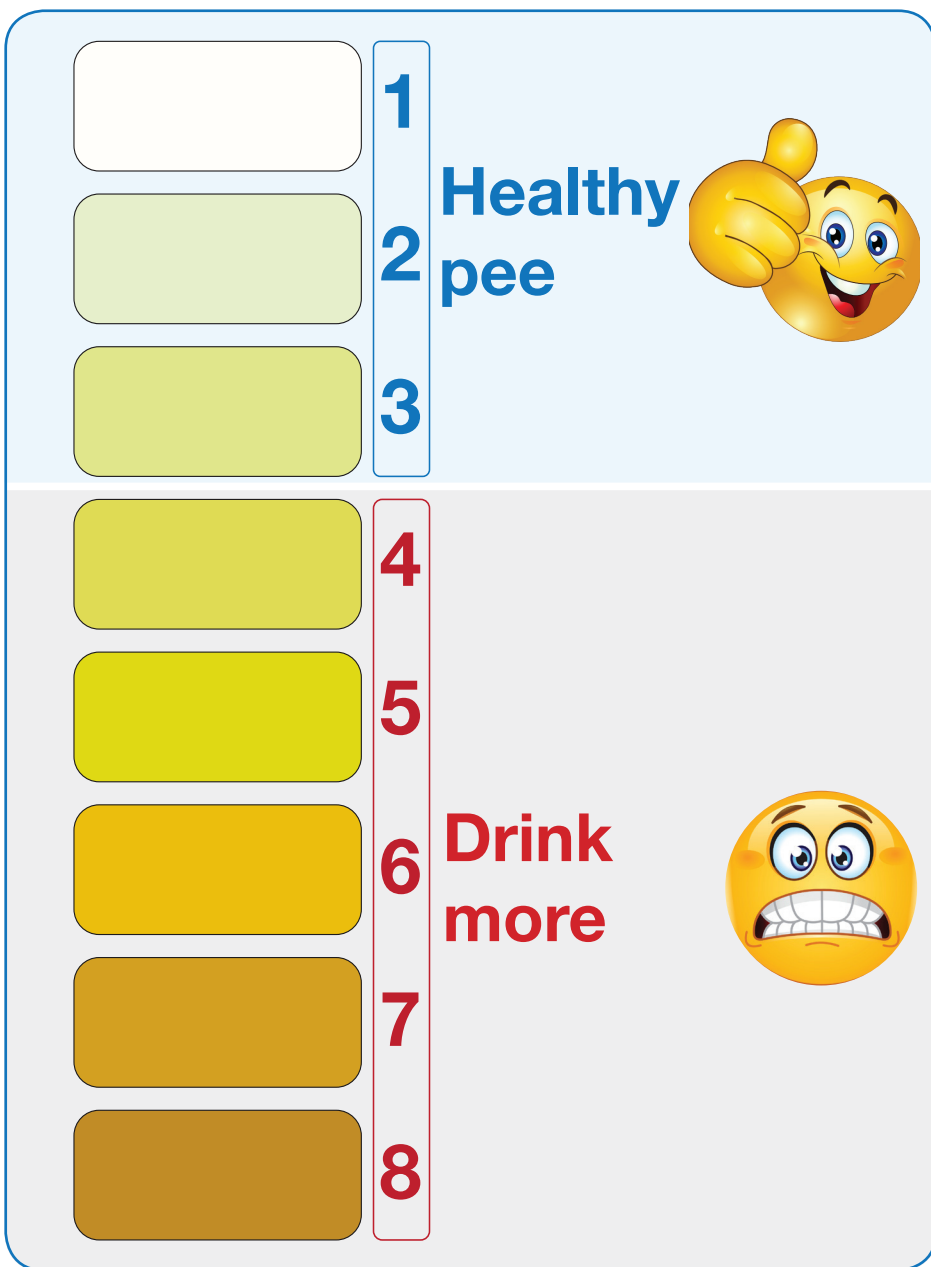


# Healthy pee is **1 to 3** ... **4 to 8** Must hydrate\*

Use this urine colour chart to check for signs of dehydration



## Signs that you are not drinking enough:

- Poor concentration
- Dry lips and skin
- Headache
- Poor oral health
- Dark or reduced urine
- Constipation
- Increased heart rate (particularly younger children and babies)

**You should aim to drink 6-8 cups of fluid per day**

\* Some medicines may affect urine colour. If you are unsure, please ask your pharmacist.

