

HYDRATION

Symptoms of Dehydration



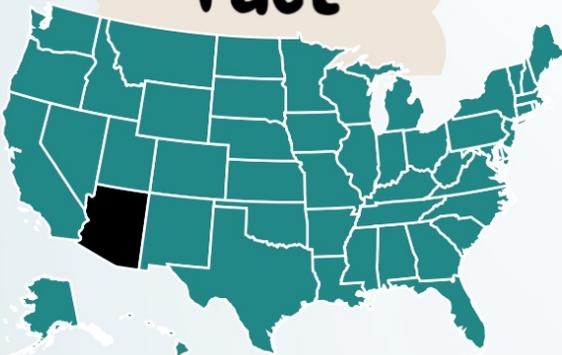
- Dizziness
- Confusion
- Thirst
- Dry Skin / Mouth
- Fatigue
- Less Frequent Urination
- Increased Heart Rate



**Don't let the
Summer HEAT
get you!**

Water hydrates children
better than any juice
or power drink.
Limit juice to 4-6oz.

Fact



Over 1,500 deaths from exposure to excessive natural heat have occurred in Arizona from 2000 to 2012.



Tips to Hydrate

- Drink at least 64 oz of fluid per day
- Minimize caffeine intake
- Avoid alcohol and sugary beverages
- Whether you are thirsty or not, drink water before, during, and after exercise



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