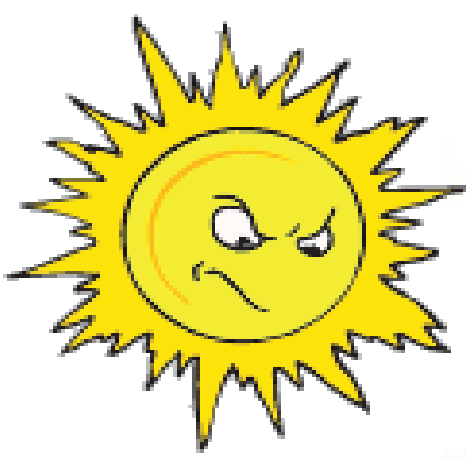


# ARE YOU DRINKING ENOUGH WATER?



- Body is 60-70% Water
- Brain 75%
  - Blood 83%
  - Bones 22%
  - Liver 86%
  - Muscles 75%
  - Kidneys 83%



**H**ydrate - Drink water and avoid caffeine drinks

**E**ducate - Know signs of heat stress

(cramps, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, vomiting)

**A**ct - Move to cool area & seek medical attention

**T**ake - Regular breaks away from the sun



**BADLY DEHYDRATED**



**DEHYDRATED**



**NORMAL**