

TIPS FOR STAYING HYDRATED WITH OLDER AGE

Drinking enough fluid throughout the day is important for older adults (65+).

SIGNS OF DEHYDRATION



Thirst, dry lips, or dry mouth



Flushed skin



Headache



Dark yellow, strong-smelling urine



Dizziness and/or fainting



Low blood pressure and high heart rate

HOW TO STAY HYDRATED

1. DRINK REGULARLY



Drink 8 cups* of fluid each day.

This includes water, milk, coffee, tea, and soup.

*1 cup = 250 mL

2. CHOOSE WATER



Choose water when you are thirsty.

Drink water when you wake up, and during meals and snacks.

3. PLAN AHEAD



Drink more in **hot weather** and when you are **active**.

Keep a bottle or glass of water with you during the day, and re-fill it regularly.



SIMPLE SELF-CHECK:

- ☐ Check your thirst (e.g., dry lips or mouth)
- ☐ Check your urine (it should be light yellow)
- ☐ Check how you feel (e.g., hot, dizzy, etc.)