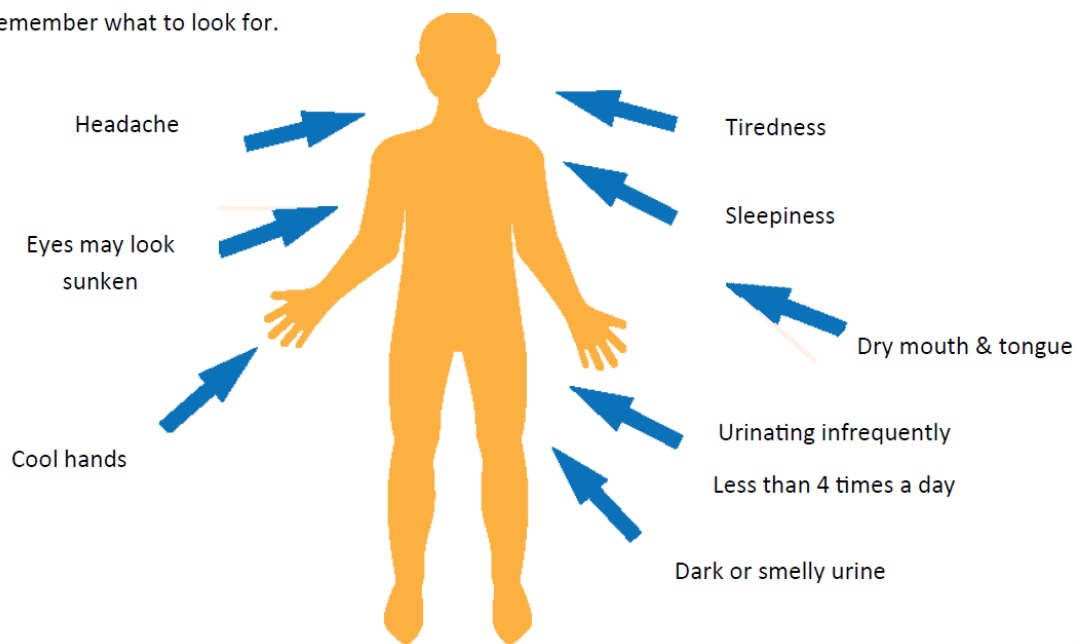


Keeping hydrated

Being dehydrated can make you feel unwell, drinking plenty and staying hydrated is very important and can help to keep you fit and healthy.

Recognising the signs of dehydration

There are some simple signs you can look for, to help you identify whether a resident is becoming dehydrated. Taking a 'top-to-toe approach', starting at the head and working downwards, can help you to remember what to look for.



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Remember, all fluids count, except for alcohol!

You should aim to drink around 1.5 - 2 litres (around 6 - 8 glasses) of fluid per day to stay hydrated.

If you are following a fluid restriction for medical reasons, then this poster is not for you