

Staying Hydrated in the Summer Heat



Continue drinking water throughout the day, even without the sensation of thirst

Dedicate specific times to drinking water, such as during meals or after waking up. Building a routine will help establish a habit.



Eat hydrating foods, such as fruits and vegetables

Consuming water-rich foods can help supplement fluid intake. Watermelon, cucumbers, and tomatoes are a good place to start.



Manage medications to avoid those that risk dehydration

Talk with your doctor about your medication and their side effects to ensure you can build healthy hydration habits.



Include family, friends, and caregivers in the process

A collective effort may make habit-building easier. Involve loved ones or caregivers who can help encourage water consumption.

Common signs of dehydration:

Dry mouth

Darker urine

Fatigue, dizziness, confusion

Less frequent bathroom usage

Sunken eyes or cheeks

Rapid heart rate or breathing

Irritation or difficulty concentrating

Changes to skin temperature/texture