

Stay Hydrated in the Heat

We're all different, and so are our hydration needs.

Drink the right amount of water for your body, lifestyle, and environment!



Drink Smart



Don't wait until you feel thirsty to drink water. Drink 1-2 glasses of water when you first wake up. Sip water throughout the day, especially before going outside, to help prevent dehydration and heat-related illness. Light yellow or clear urine usually means you are drinking enough water. Caffeine, sugary drinks, and alcohol can dehydrate you.

Remind children and others in your care to drink water. Carry water with you, and set reminders to refill it regularly.

Play Smart



Drink water before, during, and after exercising.

For every 15-20 minutes of sports or outdoor activity:

- Kids (age 9 to 12): drink 3 to 8 ounces or 1 cup
- Teens (age 13 to 18): drink 11 to 16 ounces or 2 cups
- Adults (age 19+): drink 6 to 12 ounces or 2 cups

Eat Smart



Around 20% of the water you need each day comes from food, while the rest comes from drinks.

Fresh fruits and vegetables provide both water and electrolytes. Processed sugary foods can dehydrate you.

Medication Smart



Some medications and health conditions can affect electrolyte balance and can influence how much water you need. If you take medications, have kidney disease, or are pregnant, talk to your doctor about safely staying hydrated during the summer.



For more information and resources, scan the QR code or visit us online:
heat.az.gov

