In the know about H2O

Are you drinking enough H2O? Find out when you go. The color of your urine can help you determine if you need to drink more water.

- **Hydrated**
  - Drink water as normal.

- **Dehydrated**
  - Drink about 8 oz. of water within the hour. More if sweating or outside.

- **Extremely dehydrated**
  - Drink about 16 oz. of water right now. More if sweating or outside.
  - Consult a physician if darker or red. If dehydration continues, it can cause kidney stones, urinary tract infections and more.

**Tip**
Up to 100 pounds, drink about half your weight in ounces of water daily.
80lb = 40oz of water

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