

# Feeling thirsty?

Then you are already starting to dehydrate!



**Dehydration can cause:**

headache

fatigue

problems concentrating

dry skin

kidney stones

stomach ache

and in some cases ... **death!**

**A healthy adult should drink  
8–10 glasses of water a day!**

The human body is composed of 25% solids and 75% water.

Brain tissue consists of 85% water.

Just one glass of water every hour could be a life-saver!

A “dry mouth” is a signal that the body needs water. It is the last outward sign of dehydration.

At persistent lower level of hydration, thirst sensations begin to fail, causing the body to become increasingly dehydrated—that’s when body damage occurs.

Note: Soft drinks, tea and coffee do not quench thirst. These beverages may contain water, but they are actually dehydrating fluids.