

# EVERY SiP COUNTS

Stay Hydrated

You should aim to  
drink 6-8 glasses  
of fluid per day



Bath and North East Somerset,  
Swindon and Wiltshire  
Integrated Care Board

Bath & North East  
Somerset Council

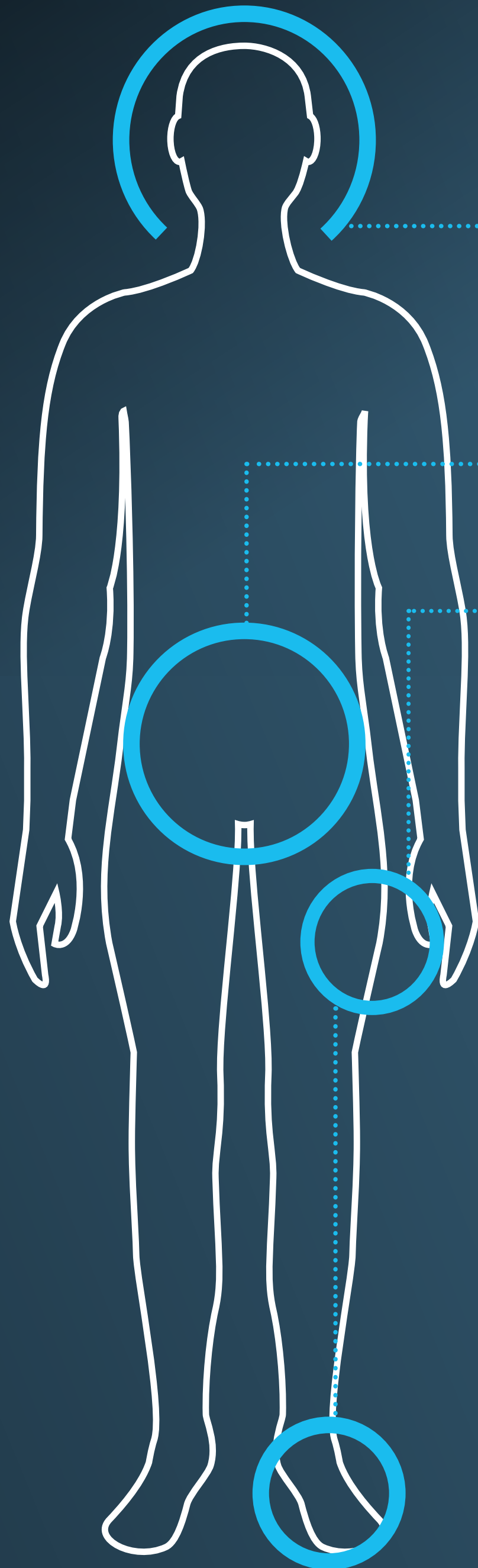
Improving People's Lives



SWINDON  
BOROUGH COUNCIL

Wiltshire Council

# Effects of dehydration



Headache  
Dizziness leading to falls  
Increasing confusion  
Poor oral health

Constipation  
Urinary Tract Infection (UTI)  
Kidney stones

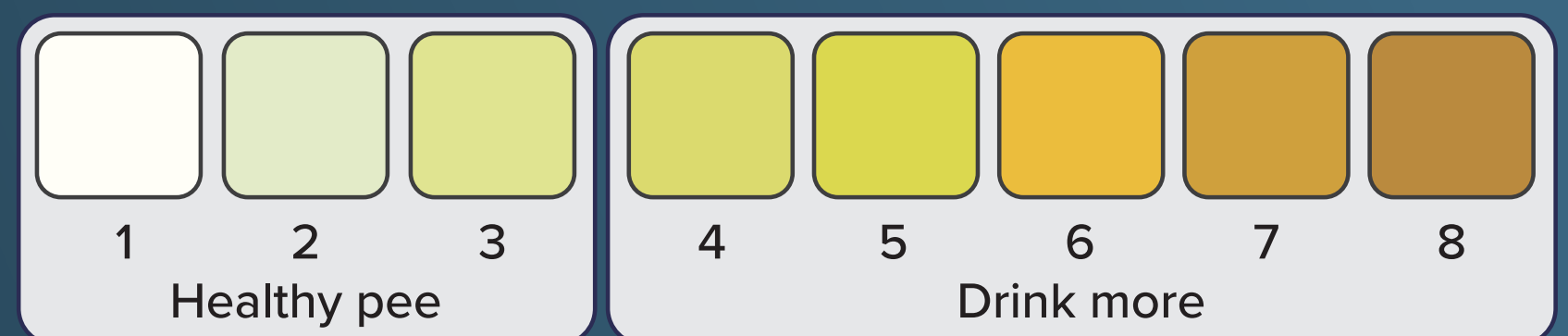
Pressure ulcers

## Spotting signs and symptoms of dehydration

- Drinking less
- Feeling thirsty
- Headaches
- Tiredness
- Dry mouth/lips/eyes
- Poor oral health

- Dark urine
- Small amount of urine
- UTI
- Constipation
- Confusion

Use this urine colour chart to check for signs of dehydration.





**EVERY  
SiP  
COUNTS**  
Stay Hydrated

The logo for 'EVERY SiP COUNTS' is displayed in white. 'EVERY' is in a simple sans-serif font. 'SiP' is in a larger, bold sans-serif font, with a blue water droplet icon above the 'i'. 'COUNTS' is in a bold sans-serif font. Below the logo, the phrase 'Stay Hydrated' is written in a smaller, blue sans-serif font inside a white rectangular box.

# EVERY SIP COUNTS

Stay Hydrated



Bath and North East Somerset,  
Swindon and Wiltshire  
Integrated Care Board

Bath & North East  
Somerset Council

Improving People's Lives



SWINDON  
BOROUGH COUNCIL

Wiltshire Council