



Are you drinking enough?

Urine colour is a good indicator of whether you are drinking enough water to Beat the Heat.

This urine colour chart will give you an idea of whether you are drinking enough water or are dehydrated (lost too much water from the body).

Urine Colour	What does this mean?	What should you do?
	You are very dehydrated.	Drink a large bottle of water immediately.
	You are dehydrated.	Drink 2-3 glasses of water now.
	You are somewhat dehydrated.	Drink a large glass of water now.
	You are hydrated - you are drinking enough.	Keep drinking at the same rate.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, some of the vitamins in the supplements can change the colour of the urine for a few hours, making it bright yellow or discoloured.



Hunter & Central Coast
Regional Environmental
Management Strategy



Health
Central Coast
Local Health District



Health
Hunter New England
Local Health District

the power of
humanity



Resource Library Entry Form

This form is to be submitted to the Website Administrator for online management and loading.

Title	Urine Colour Chart - Are you Drinking Enough?
Others Involved	<ul style="list-style-type: none"> • Hunter New England Local Health District • Central Coast Local Health District • Australian Red Cross
Date	May 2016
Summary	Urine colour is a good indicator of whether you are drinking enough water during a heatwave / extreme heat conditions. This urine colour chart poster provides an idea of whether people are drinking enough water or are dehydrated.
Detailed Description	<p>Urine colour is a good indicator of whether you are drinking enough water during a heatwave / extreme heat conditions. This urine colour chart poster provides an idea of whether people are drinking enough water or are dehydrated.</p> <p>It is designed for placing (ideally in the toilet facilities) of workplaces, community buildings and facilities, health facilities, or indeed any location frequented by communities who are particularly `at risk` from the impacts of heatwaves. These communities include:</p> <ul style="list-style-type: none"> • The Elderly • People with a disability • Culturally and Linguistically Diverse Communities • Families with young children and pregnant women • Those with existing medical conditions or taking certain types of medications • Indigenous communities • Those living in rural or isolated locations • Those who are overweight • Outdoor workers
Cost	<input checked="" type="checkbox"/> Free for download <input type="checkbox"/> Cost
Price	\$0

Access	<input checked="" type="checkbox"/> Everyone <input type="checkbox"/> Member Councils Only		
Program	<input type="checkbox"/> Biodiversity	<input checked="" type="checkbox"/> Climate	<input type="checkbox"/> Compliance
	<input type="checkbox"/> Education	<input type="checkbox"/> Waste	<input type="checkbox"/> WSUD