

Pre-Event Hydration Reminder

The weather forecast for our upcoming event will be on the warm to hot side, and we will most likely be working outside. To ensure your safety, please ensure you are well-hydrated before the event begins and that you maintain your fluid intake during the event/activation.

The Day Before the Event/Activation

- Try to add an extra 6 to 8 glasses of water to your diet (48 to 64 oz.).
- Remember, you should be drinking 8 to 10 glasses of water every day for proper health (64 to 80 oz.).
- The hotter it is - or the more active you are - the more you should be drinking.
- Urine color and frequency are the best indicators of proper hydration.
- Ensure that you bring adequate fluid and light snacks with you for tomorrow.

The Day of the Event/Activation

- Try to drink 2 to 3 glasses (16 to 24 oz.) of water the morning of the event/activation.
- If you have been waiting indoors prior to beginning a shift outdoors in the heat, you may want to consume 1 to 2 glasses (8 to 16 oz.) of fluids approximately 30 minutes before you head outside for your shift.
- The hotter it is during the event/activation - or the more physical activity you perform - the more important it is that you replace what you lose through sweating.
- Drink before you are thirsty.
- Drink small amounts of fluid throughout the entire event/activation.
- Do not save your water for later. If you are thirsty — drink.
- If you need a break in the shade — ASK FOR IT!

The Day After the Event/Activation

- Sometimes it may be difficult to keep up with your fluid intake during a busy event/activation,
- but you can still help your body recover afterwards.
- Ensure that you drink 8 to 10 glasses of water (64 to 80 oz.) the following day.
- The hotter it was - or the more physical activity you performed during the event/activation the more you should be drinking the day after.
- Urine color and frequency are the best indicators of proper hydration.

What Should I Drink?

- Water, along with a well-balanced diet, is best.
- Any of the readily available sports drinks (i.e., Gatorade, PowerAde, etc.) are all good fluid replacement choices for the day of the event/activation.
- Try to avoid soda, coffee, iced tea, energy drinks, and alcoholic beverages as your main source of hydration fluids. Drinks containing caffeine or alcohol act as diuretics and actually force your body to eliminate fluids, which can lead to dehydration.

If you are on a sugar, salt, or fluid restricted diet, or take prescription medications, check with your health care provider for the best strategy for hot weather hydration for you.