

This Summer, Hydrate to Feel Great!



A cup of water per hour
Gives you the **power**
To **beat the heat**
And **stay on your feet!**

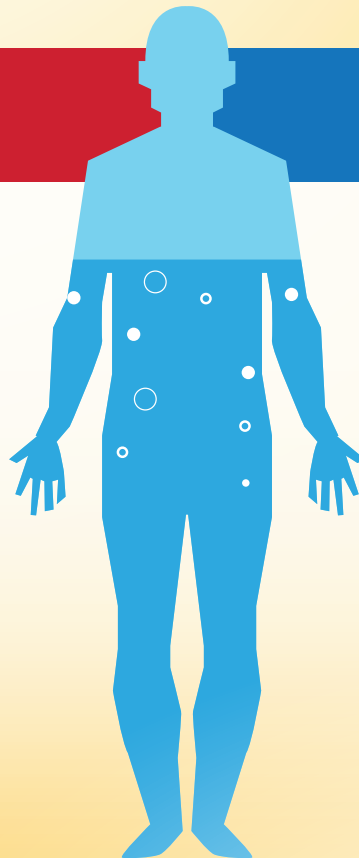


**DRINK MORE
WATER**

Dehydration is particularly dangerous for seniors and a common cause of hospitalizations. That's why it's so important to know the signs of dehydration and how to prevent it.

WATCH FOR THESE SYMPTOMS

- ✓ Confusion
- ✓ Decreased urination or dark urine
- ✓ Fatigue
- ✓ Headache
- ✓ Constipation
- ✓ Dizziness or lightheadedness
- ✓ Dry mouth
- ✓ Extreme thirst



HOW TO PREVENT DEHYDRATION

- ✓ Don't wait to feel thirsty. **Drink at least 6 cups of fluids a day.**
- ✓ Stay indoors in a cool area. Avoid direct sun from 11am - 2pm.
- ✓ Wear lightweight clothing.
- ✓ Take a cool shower, bath, or sponge bath to lower body temperature.
- ✓ Eat water-rich foods such as fruit or gelatin.

Need professional personal care and companionship services to help you stay safe and independent at home in the summer and throughout the year?

Call **BAYADA** at



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