

Some signs of dehydration are:

- Dizziness
- Dry mouth
- Dry lips
- Peeing less
- Headache
- Lethargy or tiredness
- Cold hands and feet
- Sunken eyes
- Irritability
- Drowsiness
- Confusion

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**Daily intake of two liters
or eight to ten glasses of
water is recommended
for anyone above 13
years of age**

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*Even minor symptoms
of dehydration can
negatively impact sleep*

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**make hydration part
of your overall
self-care commitment**

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**Your blood contains
water & carries
vital oxygen
to your
cells**

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Hydration!

**Enhanced short-term memory
Faster decision making
Better concentration
Higher test scores**

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