

REHYDRATE

How much should I drink?

1.2 litres which is equivalent to 6-8 glasses or cups of fluid per day.

What should I drink?

Water is a healthy option for quenching your thirst at any time.

It's ok to drink tea and coffee as part of a balanced diet. Bear in mind that caffeinated drinks can make the body produce urine more quickly.

If you do not like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could add some no-added-sugar squash or fruit juice for flavour.

How can I stay hydrated at work?

Start your shift well hydrated.

It's better to drink little and often rather than a lot all in one go.

Use the hydration stations or water fountains regularly throughout your shift. If you do not have these keep a water bottle with you in your work area.

Set an alarm to remind you to drink regularly.

Support and encourage each other.

(Adapted from NHS - Water, drinks and your health)

