



Splash into Hydration

During the dog days of summer, the team at McLean provides our Residents with additional beverages to aid in hydration. Once the temperature reaches 90 degrees and/or with high humidity, additional beverages such as, Water, Iced Tea, Fruit Punch, Lemonade and Strawberry Kiwi Juice are passed out to the Residents.

Here are some tips for staying hydrated;

- Don't wait until you are thirsty to drink; by this time you are already dehydrated.
- Carry a water bottle with you and drink from it regularly.
- Drink at least eight cups of water every day.
- Drink extra liquids in extreme heat to replace the water lost from sweating.
- Start and end the day with a cup of water.
- Do not replace water with alcohol or caffeinated drinks.
- Know the symptoms of dehydration:

Increased thirst

Dry mouth

Tired or sleepy

Decreased urine output

Urine is low volume and more yellowish than normal

Headache

Dry skin

Dizziness