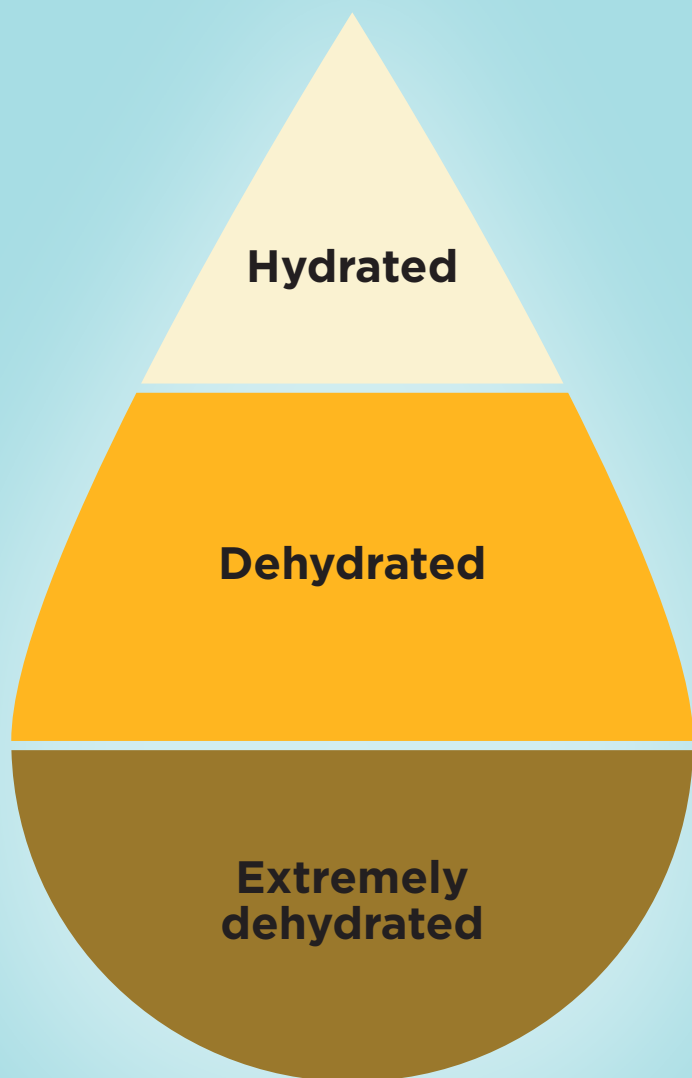





# In the know about H2O

Are you drinking enough H2O? Find out when you go. The color of your urine can help you determine if you need to drink more water.



 **Hydrated**  
Drink water as normal.

 **Dehydrated**  
Drink about 8 oz. of water within the hour. More if sweating or outside.

 **Extremely dehydrated**  
Drink about 16 oz. of water right now. More if sweating or outside.  
Consult a physician if darker or red. If dehydration continues, it can cause kidney stones, urinary tract infections and more.

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**Tip**  
Up to 100 pounds, drink about half your weight in ounces of water daily.

**80lb = 40oz of water**

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Learn more at [childrens.com/urology](https://www.childrens.com/urology)