



Stay at home, protect the NHS, save lives.

Hydration, Hydration, Hydration

Healthy hydration is even more important during this period so our bodies perform at their best. Having regular drinks throughout the day will help you stay well hydrated. If you do become unwell, then drinking fluid is important to prevent dehydration, manage fevers but also aid recovery. Keep an eye on the colour of your urine; if it is dark you need to drink more.

Children and the elderly are particularly vulnerable to dehydration and may need to be encouraged to drink more. For further advice go to:

<https://www.bda.uk.com/resource/fluid-water-drinks.html>



Southern Health
and Social Care Trust

Quality Care - for you, with you

