How dehydrated are you?

A quick way to test how well you’re hydrated is to check the colour of your urine.

You’re seriously dehydrated.
Drink some water or other fluids without delay.

You’re very dehydrated.
Drink some fluids to get back on track.

You’re moderately dehydrated.
So drink more fluids.

You’re almost there
but could still drink a little more to get everything in balance.

You’re topped up with fluids.
Keep it up!