

URINE COLOR CHART

ARE YOU HYDRATED?

1

WELL HYDRATED

You are hydrated. Continue on drinking as recommended.

2

You are hydrated. Continue on drinking as recommended.

3

HYDRATED

You are hydrated. Continue on drinking as recommended.

4

Start drinking more fluids. You might be slightly dehydrated.

5

DEHYDRATED

You are dehydrated. You need to drink more to prevent heat illness or heat stroke.

6

You are dehydrated. You need to drink more to prevent heat illness or heat stroke.

7

SEVERELY DEHYDRATED

You are dehydrated. You need to drink more to prevent heat illness or heat stroke. If your urine is very dark/red seek medical attention without delay.

The Urine Color Chart will assess your level of hydration. To use the chart, match the color of your urine to the color on the chart. **If your urine is #1, #2, or #3 on the chart, you are well hydrated. If your urine color is #5, #6, or #7, you are dehydrated and should consume fluids.**

Since you will not have this chart with you all the time, **think your urine should be the color of lemonade or diluted apple juice, NOT the color of apple juice or black coffee!**



Special Olympics
North Carolina