

# Are you hydrated?

## Urine Color Chart

1		<p>1 - 2 Properly hydrated Continue to consume fluids at the same rate</p>
2		
3		<p>3 Good, but almost dehydrated. Drink more water.</p>
4		<p>Anything below the RED LINE means you're dehydrated.</p>
5		<p>Drink 2 - 3 glass of water NOW.</p>
6		<p>If your urine is this color drink water immediately.</p>
7		<p>Dark, strong-smelling urine can be a sign of dehydration.</p>
8		<p>If your urine is this dark seek medical attention <b>IMMEDIATELY.</b></p>



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