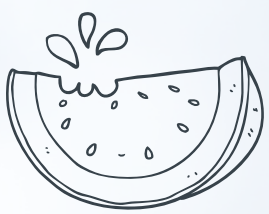


Summer Hydration Tips



Drink "good" fluids (avoid caffeine and sweetened drinks)



Eat fruits and veggies with high water content such as watermelon or cucumber



Wear light, loose fitting clothing



Avoid being outdoors in the hottest part of the day (10AM–2PM)



Watch for signs of dehydration (dry mouth, dark urine, irritability, or confusion)