

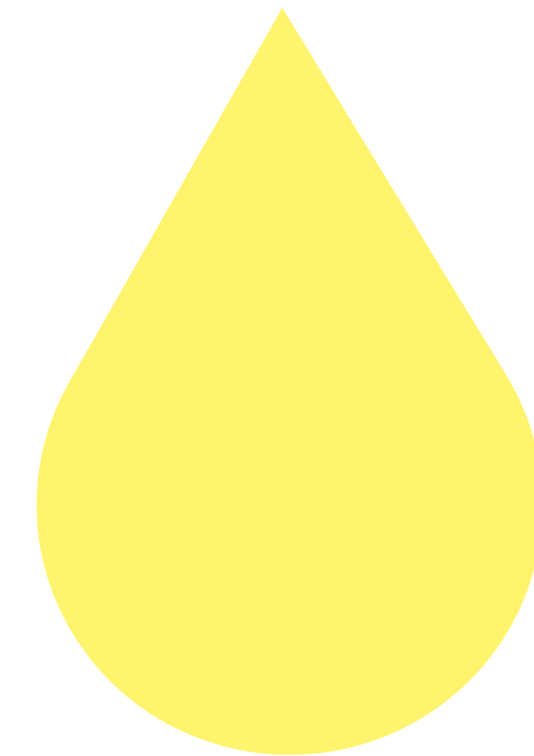
Urine Color Chart for Heat-Related Dehydration

Hydrate with water regularly to prevent heat-related illness!



Very Dehydrated

Drink water immediately!



Dehydrated

Prioritize drinking more water.



Hydrated

Keep drinking water.



Very Hydrated

Keep it up!

For questions or feedback, please contact the Division of Environmental Health Epidemiology at dehe@pa.gov or 717-787-3350.