

HEALTHY SUMMER HYDRATION

Staying hydrated keeps your energy up, regulates body temperature, and prevents heat illness during hot summer days, follow these tips to ensure you stay hydrated during the summer.

1 Quick Signs of Dehydration



Don't wait until you are thirsty to drink water. Check your urine color:

- Pale yellow to clear: Well hydrated.
- Dark yellow or amber: Drink water right away.

Other warning signs: Dry mouth, fatigue, headaches, or muscle cramps.

3 Smart Beverage Choices



Best Choices

- Plain tap or bottled water
- Unsweetened herbal iced tea
- Fruit-infused water
- Plain sparkling water

Limit or Avoid

- Sugary sodas, sweet teas, and lemonade
- Energy drinks with high caffeine
- Alcohol (accelerates fluid loss in the heat)

2 How Much Water Do You Need?

- Children: About 5 cups per day.
- Teens & Adults: About 8 to 11 cups per day.
- Outdoor Activity: Drink an extra 8 to 12 ounces every 20 minutes while active in the heat.

4 When Do You Need Electrolytes?

- Plain Water: Perfect for daily activities, light workouts, and outdoor time under 60 minutes.
- Electrolytes: Recommended for intense exercise or heavy outdoor labor lasting longer than 60 minutes to replace lost sodium and minerals.



Fast DIY Infused Water Ideas

Mix these into a pitcher of cold water for natural flavor without added sugar:

- Cucumber slices + fresh mint
- Sliced strawberries + basil leaves
- Lemon, lime, and orange slices



For more information on Summer Hydration, visit:

heart.org/en/news/2026/07/16/summer-heat-can-sneak-up-before-you-feel-thirsty



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