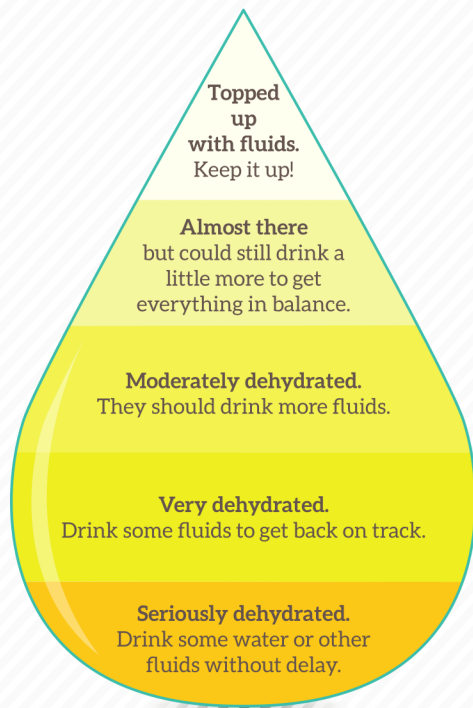


How dehydrated are they?

A quick way to test how well a person is hydrated is to check the colour of their urine. Use this colour chart as a guide.



Dehydration leaves people at a higher risk of:

- Infection.
- Falling.
- Skin problems and poor wound healing.
- Kidney problems.

For more information or if you require this leaflet in large format text contact:

infectionprevention@lancashire.gov.uk

<https://www.lancashire.gov.uk/professionals/professionals-in-adult-social-care/infection-prevention-and-control/>



Working together with



Hy5

~ Identifying and preventing dehydration using the 5 senses



A Leaflet
for Carers