



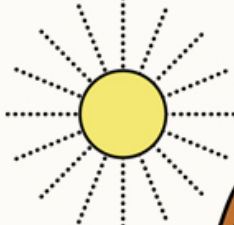
# How To Prevent Dehydration In Your Teen



8 to 10 glasses of water

Encourage them to drink at least eight to ten glasses of water per day.

Remind your teen to drink more on hot days and after sweating.



Encourage water intake before, during, and after physical activity.

Consider scheduling sports and exercise in the morning or evening in hot climates.



Provide water and oral rehydration salts (ORS) for rehydration during sports and physical activity.

Urge your teen to drink to thirst, as both insufficient and too much fluid consumption can cause problems.

