



# DRINK UP!

Water is essential to life, yet most of us probably don't drink enough each day, especially when we're sweating in the summer. Here are some general signs that you need to hydrate more often:

- Dry mouth
- Muscle cramps
- Headache
- Fatigue
- Constipation
- Poor skin health
- Sugar cravings
- Decreased urination and/or dark urine

*For more information, contact your doctor or local health department.*

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