Are You Hydrated?

Take the Urine Color Test

Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body’s requirement for water.
- Follow the water consumption guidelines in the water consumption table.

Water Consumption Table

<table>
<thead>
<tr>
<th>Heat Category</th>
<th>WBGT Index, °F</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Hard Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>½</td>
<td>¾</td>
<td>¾</td>
</tr>
<tr>
<td>2</td>
<td>82° - 84.9°</td>
<td>½</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>85° - 87.9°</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>4</td>
<td>88° - 89.9°</td>
<td>¾</td>
<td>¾</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90°</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Body armor = +5°
Rest - sitting or standing in the shade if possible
MOPP + > +10°
Rest - walking in the sand at 2.5 MPH with less than a 30 pound load, weapon maintenance, marksmanship training, drill and ceremony.

The fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.

CAUTION: Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.

*This color chart is not for clinical use.

U.S. Army Public Health Command (Provisional)

http://phc.amedd.army.mil
CP-070-0510 (Also available as a tip card.)