

Are you dehydrated?

If you are dehydrated, it means your body has lost more fluids than you have drunk. If it gets worse, it can be a serious problem and life threatening.

Dehydration

Symptoms of dehydration include:

- feeling sick or being sick (nausea and vomiting)
- dizziness and feeling faint
- headaches
- muscle cramps or spasms
- weakness or tiredness
- poorer concentration and memory, slower reactions.

Dehydration can impact your ability to do your job and activities safely.

For more information visit **healthnz.govt.nz/dehydration**

Thirsty? You're already dehydrated!

To prevent dehydration:

- drink small amounts often, especially in hot environments
- plan to do extreme physical activity or exercise at cooler times of day, if possible
- avoid hot, caffeinated, energy or alcoholic drinks – they can worsen dehydration
- eat nourishing cold foods with a high water content, such as salads and fruits.

The easiest way to check if you're hydrated is by looking at your wee (urine), it should be almost clear and there should be plenty of it. If it is a dark-yellow colour, you are not drinking enough.



For free, expert health advice call **Healthline 0800 611 116**

Health New Zealand
Te Whatu Ora

This resource is available from healthed.govt.nz or the Authorised Provider at your local health district. **HE3367 | Revised October 2026**