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Other signs of dehydration include dry lips and mouth, dizziness, headaches and fatigue.

Self-care is important for you and your patients. Dehydration can affect your health and your performance at work. Your employers should ensure you have easy access to drinking water.
Be aware that some medications and vitamins can colour your urine.

1 to 3: healthy pee 4 to 8 : mus t hydrate

Am I hydrated?