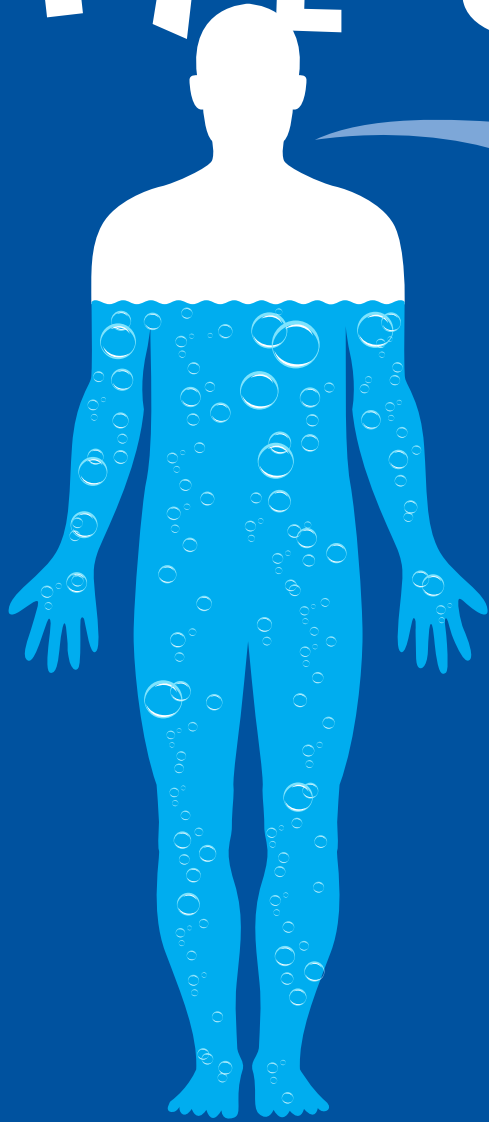
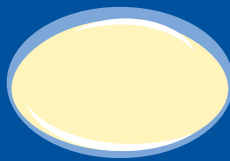


TAKE OUR TINKLE TEST



Are you drinking six to eight glasses of water a day? Find out how hydrated you are by checking the colour of your urine.*



Well hydrated – your mind and body are receiving the right amount of water. Keep it up



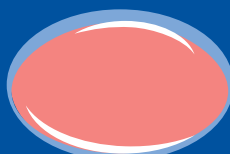
Hydrated – you're drinking a good amount but have another glass or two



Dehydrated – you must be parched – increase your daily water intake by several more glasses



Very dehydrated – your mind and body are drying up – you need to drink more water



Beetroot – you clearly enjoy your root vegetables



Asparagus – someone's been to a fancy restaurant last night

Drinking enough water is vital to health but over a billion people don't have safe water to drink.

Visit www.wateraid.org/drinkwater for hydration tips, games, and ways to raise funds to give water and life to some of the world's poorest people.

DRINK MORE WATER

*The information contained in this poster is of a general nature and does not in any way constitute an attempt to offer or render a medical opinion.



WaterAid – water for life The UK's only major charity dedicated exclusively to the provision of safe domestic water, sanitation and hygiene education to the world's poorest people.

WaterAid, 47-49 Durham Street, London, SE11 5JD

Charity registration number 288701