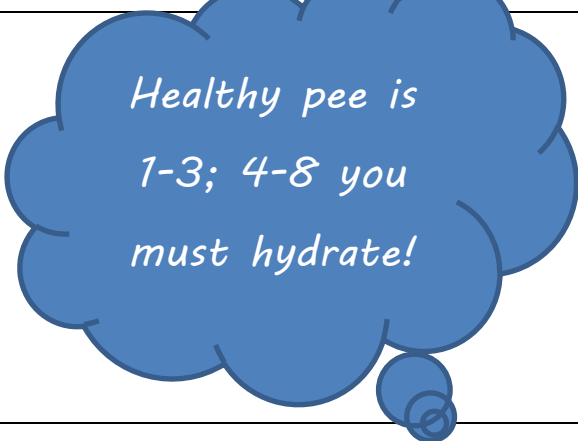

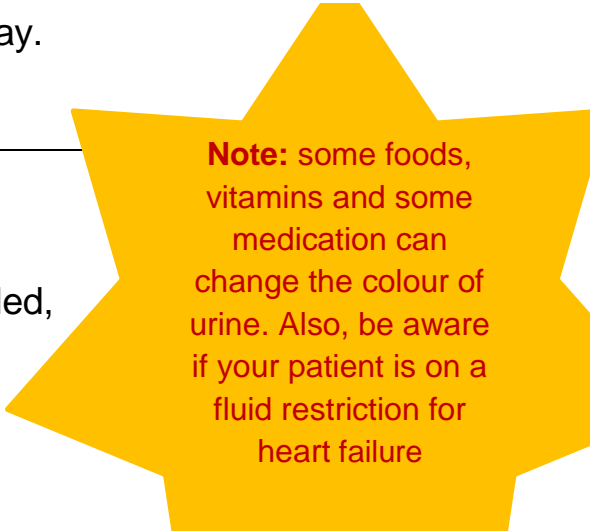


Let's Talk Hydration Levels

How hydrated is your resident?

1	Hydrated	If the colour of your resident's urine matches 1, 2 or 3, they are properly hydrated.	
2			
3			
4	Dehydrated	If the colour of your resident's urine matches 4, 5 or 6, they need to drink more. Start a care plan to ensure regular drinks taken and ensure allocated member of staff helps the resident for the rest of the day.	
5			
6			
7	Severely Dehydrated	If the colour of your resident's urine matches 7 or 8 – the resident needs to be rehydrated. Urgent fluids needed, commence fluid chart, hourly fluids, observe for other signs of deterioration and contact the doctor if necessary.	
8			