

Heat Safety: Stay Hydrated

Drinking water regularly and staying well nourished is vital. Here are some tips to stay hydrated and safe when it's hot:

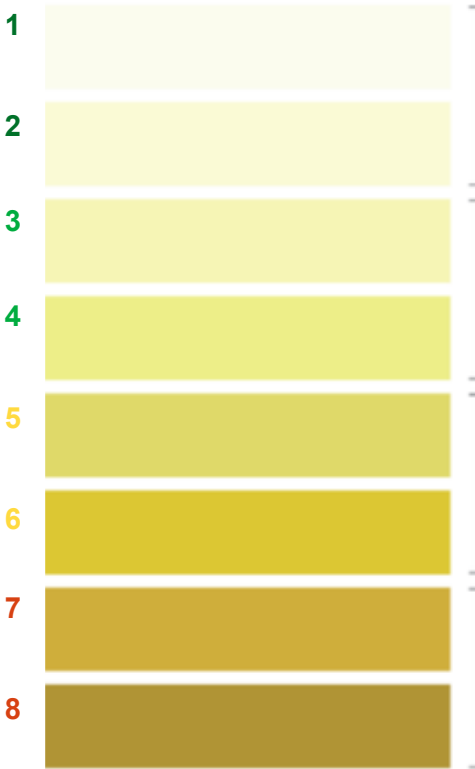


Drink water regularly

- + Aim to drink around 2-3 litres of water a day, even if you don't feel thirsty
- + If you have fluid restrictions or health conditions that affect how much fluid you can drink, talk to your doctor about managing your hydration in hot weather
- + Regularly check your urine colour against the chart to see how hydrated you are
- + Avoid alcohol and limit high-sugar drinks such as sports drinks
- + Eat as you normally would but try to eat cold foods, particularly salads and fruit



Check my urine colour



+ This urine colour chart will give you an idea of whether you are drinking enough water.



My actions

- 1 to 2 - hydrated**
- + Pale, odourless and plentiful urine is often an indication that you are well hydrated. Keep drinking at the same rate.
- 3 to 4 – mildly dehydrated**
- + Slightly darker yellow urine can indicate that you need to drink more water. Drink a glass of water or oral rehydration solution now. Try to have a glass of water every hour when awake.
- 5 to 6 – dehydrated**
- + Medium-dark yellow urine is often an indication that you are dehydrated. Drink 2-3 glasses of water now.
- 7 to 8 – very dehydrated**
- + Darker, strong-smelling urine in small amounts can be a sign of dehydration. Drink a large bottle of water immediately.
- If your doctor has told you to restrict your fluids, follow their advice rather than the amounts in this chart.*



What else can change my urine colour?

- + Certain foods, medications and vitamin supplements may change your urine colour, even if you are hydrated

Important

- + The colours on this chart should be used as a guide and should not replace the advice of a health professional.
- + Speak to your GP if you are worried about the colour of your urine, the amount of water you drink or dehydration.

If you need medical advice during the heat, call 13 HEALTH (13 43 25 84) or in the case of an emergency, always call triple zero (000).



**Queensland
Government**

BlueCare's heat health resources were funded by the Queensland Government under the Sector Adaptation Plan co-investment program, to advance climate change resilience in the human health and wellbeing sector. This is another example of how the Queensland Government's [Climate Action Plan](#) is making a difference.

Sources: Queensland Health, [How to keep cool and stay hydrated](#), 2026. Urine Chart reproduced from Health Direct, [Urine Colour Chart](#), 2026.

bluecare.org.au/heatsafety

**Heat happens.
Stay Cool.**