

# Did you drink any water today?

Keeping your body hydrated is a constant concern, but when the temperatures rise the need for caution increases:

- Drink between 1.5 and 2 litres of liquids each day;
- There are always many options to choose from: water, fruit juices, tea, milk, soup and fruit;
- Drink small quantities frequently throughout the day;
- Drink even if you are not thirsty;
- Be aware of the first signs of dehydration: tiredness, headaches, dry skin, loss of concentration, infrequent urination that is darker and which smells.

There is nothing better than some helpful technology to let you know if you have drunk enough water: there are [iOS](#) and [Android](#) applications that can alert you.

