

Are you taking on enough fluids?



Happy

Hydrated:

Drinking 8 glasses / 3 pints per day

Sluggish

Drink a small glass of water now

**Light
headed**

Drink half a bottle of water within the hour

Irritable

Drink half a bottle of water now

Headache

Drink a bottle of water now

Discuss as part of your: **Vital Signs Assessment**