# Drinking water safely

Use these steps to stay hydrated without overdoing it.

- [ ] Drink to thirst during long exercise.
- [ ] Spread fluids across the day instead of drinking large amounts at once.
- [ ] Check urine color, aiming for pale yellow.
- [ ] Watch for nausea, headache, bloating and confusion after heavy drinking.
- [ ] Stop drinking and contact a provider if mild symptoms appear.
- [ ] Call 911 or your local emergency number for seizure, collapse or severe confusion.
- [ ] Ask a clinician for a fluid plan if you have kidney, heart or liver disease.
- [ ] Ask the pediatrician before giving a baby water.

**Notes**

For general education only. Not a substitute for professional medical advice.