

Stay Hydrated in the Heat

When you work outside in the heat, your body loses **water, salt** and other important minerals called **electrolytes**.

If your body loses too much water and electrolytes, you may start to feel sick.

To avoid this, you can do the following:

Drink water throughout the day



DRINK

1 bottle of water* about 2 hours before you leave for work.
*16 ounces or 0.5 liters



DRINK

1-2 bottles of water (0.5 liter to 1 liter) **every hour** while you work in the heat.



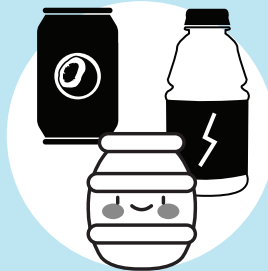
Continue to **DRINK** water after you get home from work to continue to replace what you lost through sweating

Drink healthy, low-sugar beverages

You can also drink:

- coconut water
- electrolyte drinks (such as sport drinks), and
- “aguas frescas” (made from fresh fruits or vegetables).

It is best if these drinks are low in sugar.



Many sports and energy drinks have **too much sugar**.

If you drink sports drinks, add water to them so that they are about 2/3 water and 1/3 sports drink.

Avoid energy drinks.

Another option is home-made “suero”: 1/4 – 1/2 teaspoon salt, 1 tablespoon sugar, stir in one litre water.)

Alcohol dehydrates. Avoid drinking alcohol on days you work.

Eat these foods during the day



DAIRY

fresh cheese, yogurt



PROTEIN

beans, lentils, chicken, fish



SEEDS and NUTS

sunflower seeds, almonds, cashews



FRUITS

watermelon, banana, oranges, cucumber, avocado



VEGETABLES

spinach, broccoli

Content originally developed by National Center for Farmworker Health, Inc. and UTHealth Houston, School of Public Health