How to Tell if You're Hydrated

Being hydrated leads toward good health but, did you know, that you can die from being deprived of water for too long? Dehydration occurs when water loss exceeds water intake. This can be caused by any number of things, such as excess sun exposure, not drinking enough, vomiting, diarrhea, exercising, etc. Follow these steps to tell if you've been drinking enough water.

Steps

1. **Check your pee color.** If your pee is clear to pale yellow, you've been drinking enough water. If your pee is dark yellow, you need to drink something. If your pee is cloudy, or if it has floating chunks or streaks of red, you may have an infection.

2. **Think!** Do you feel thirsty? If you do, drink some water. If you don't feel thirsty, it never hurts to have some more.

3. **Check your tongue.** If your tongue is dry, or has that coated, fuzzy feeling, drink some water! If your tongue is wet, you have been drinking enough water.

Can you answer these readers' questions?

On **How to Use Yummly**, a reader asks:

How do you sign in without signing up again?

Your answer...

On **How to Grow Grass from Seeds**, a reader asks:

Can you put mulch on top after planting grass?

Your answer...

On **How to Add a CD to iTunes Library**, a reader asks:

How do I find a song on my iPhone iTunes that I downloaded on my PC iTunes?

Your answer...
Warnings

- Don't drink too much water! Although very uncommon, drinking too much water can lead to water intoxication. Stick to drinking 2 liters (0.5 US gal) a day.
- Symptoms of dehydration can include but are not limited to thirst, general discomfort, headache, loss of appetite, dry skin, decreased urine volume, confusion, unexplained tiredness, and irritability.