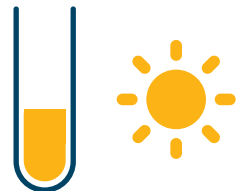


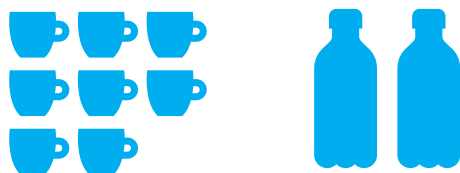
How much water do you have to drink

according to temperature and work activity?

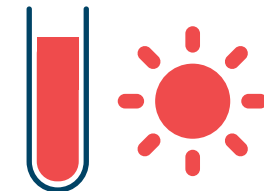
Adult man



Fresh temperature + moderate work activity



8 cups = 2 Liters



Hot temperature + intense work activity

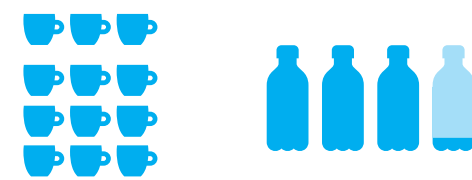


16 to 24 cups = 4 to 6 Liters

Adult woman



6 cups = 1,6 Liters



12 to 18 cups = 3,2 Liters



At home



1,5 glasses of water every 2 hours



Going for a walk or errands



Take the bottle with water and have drinks throughout the tour, also avoid the sun in the strongest hours (from 10 a.m. to 2 p.m.)



Sports or exercising

- Before: drink 2 glasses of water.
- During: half a glass of water every 20 minutes.
- After: drink 2 glasses of water.

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GOBIERNO DE COSTA RICA

Your kidneys ask for it:

Drink water!

Take care of your health with the kidneys' traffic light

Do not put your kidneys at risk, always keep these actions in mind:



High Risk Actions:

- Not drinking water on daily bases.
- Not wearing suitable clothing to protect myself from heat and sun.
- Eating fast food more than 5 times per week.
- Adding extra salt to meals.
- Smoking tobacco.
- Working long hours in the sun.
- Urinating very dark.
- Taking medications that are not prescribed by a physician.
- Being obese or overweight.

Medium Risk actions:

- Drinking water only when you feel thirsty.
- Wearing clothes that protect me from the sun and the heat only sometimes.
- Eating fast food 3 times a day.
- Resting only a few times under the shade while at work.
- Urinating dark.
- Getting preventive kidney exams only if ordered at work.

Actions that take care of your kidneys:

- Drinking water before, during and after work activities.
- Wearing clothes that protect me from sun and heat, always.
- I eat healthily.
- Taking breaks in the shade at work.
- Urinating clearly.
- Resting after very heavy physical activities.
- Having preventive kidney tests every 6 or 12 months.

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MINISTERIO
DE SALUD

GOBIERNO
DE COSTA RICA

Your kidneys
ask for it:

Drink water!

Prevent Uncommon Chronic Kidney Disease

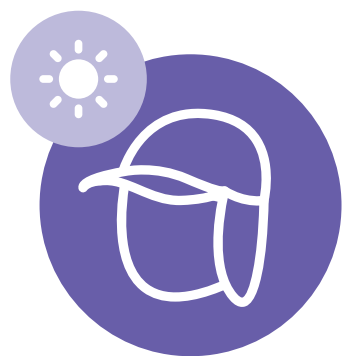
How to protect yourself from the sun and the heat?



- Drink fresh water and in good amounts all day long



- Take several breaks during the day and find a shade to rest and refresh



- Wear a hat a wide brim that covers the face or with a flap to protect the neck



- Wear long-sleeved shirts, long skirts and pants preferably in dark colors and fabrics that protect from the sun allow perspiration



- Use sunscreen cream with SPF protection level greater than 15. Apply it to the skin 30 minutes before exposing yourself to the sun and then repeat every 2 hours

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de **Salud**
Costa Rica



Your kidneys
ask for it:

Drink water!