



UNIVERSITY of CALIFORNIA

## Agriculture & Natural Resources



COOPERATIVE EXTENSION • PLACER & NEVADA COUNTIES

PLACER: 11477 E Avenue • Auburn, CA 95603

Tel: (530) 889-7385

Fax: (530) 889-7397

E-Mail: [ceplacer@ucdavis.edu](mailto:ceplacer@ucdavis.edu)

NEVADA: 255 So. Auburn Street • Grass Valley, CA 95945

Tel: (530) 273-4563

Fax: (530) 273-4769

E-Mail: [cenevada@ucdavis.edu](mailto:cenevada@ucdavis.edu)

WEB SITE: [ceplacervevada.ucdavis.edu](http://ceplacervevada.ucdavis.edu)

## NEWS RELEASE

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For More Information Contact:  
Vicky Pantels (530) 889-7350

### Keep It Cool With Water!

It's hot outside and our bodies need to stay cool. Water is the best way to keep hydrated. The USDA recommends consuming at least 8-12 cups of water a day. However, in the summer, that may still not be enough. Most people let their thirst guide them to drink water. But, your thirst mechanism is your body's last attempt to alert you that it must have water. So don't wait until you get thirsty, drink water all day long to keep yourself fully hydrated during these hot months.

Staying hydrated is necessary to maintain optimal health. Water is an essential nutrient and is needed to keep our body temperatures at normal levels. Water assists in digestion, lubricates joints and bones, and regulates our body temperature. Everyone should keep themselves hydrated at all times. So keep cool and stay hydrated with plenty of water all summer long!

#### Tips to Stay Hydrated:

- Keep small cups and bottles of water in an ice chest in your car when traveling.
- Eat lots of fruits like watermelon, strawberries, cantaloupe and oranges. They're full of water!
- Play in water-go to the lake or pool.
- Carry a water bottle with you all day long.

#### Watch for dehydration signs:

- Dry mouth
- Fuzzy, blurred vision
- Becoming weak or dizzy
- Having nausea or vomiting
- Feeling lightheaded
- Headache
- Muscle cramps
- Fatigue

#### Water Facts:

- About 80% of our water comes from drinking water and other beverages and about 20% comes from foods.
- About 60-70% of our body is made up of water.
- When water evaporates from your skin, you feel cooler because evaporating water takes heat energy with it.
- Water is needed to transport cells and nutrients throughout our body.

**Sharon K. Junge**  
County Director