

3 Tips To Stay Hydrated & Safe

Did you know that everything you do – and how well you do it – depends on how much water you drink? A hotter planet means we need to be heat smart and water wise. So here are 3 tips from our experts at Marquis.



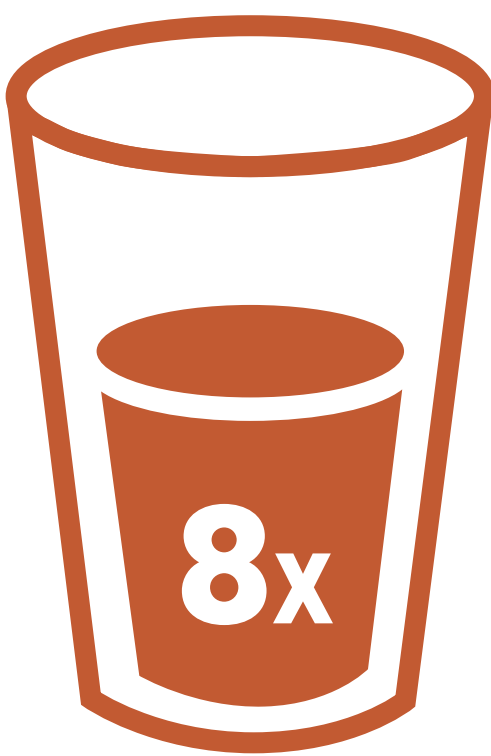
#1 Know The Forecast & How To Prepare

Yes, we all joke they're not always right, but it's smart to listen to your local meteorologist. Check out [Heat.gov](https://www.heat.gov), for timely and science-based information to understand and reduce the health risks of extreme heat.



#2 Know The Warning Symptoms

Make sure you know the side effects of all your medications. Certain medications and chronic conditions can make it difficult to detect dehydration as they mimic the same symptoms.



#3 Know How Much Water To Drink

Seniors, especially those on medications, should always ask their physicians about how much water to drink daily. A general rule is to use the 8 x 8 rule: drink eight, eight-ounce glasses of water a day. Be proactive and make it a habit.



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