

# Getting Enough Water Every Day (For Adults)

## How Does Water Help Your Body?

It is important you get enough water every day. Water helps your body:

- keep your temperature normal
- protect your joints and tissues
- get rid of waste through sweat, urine and bowel movements
- prevent dehydration (not enough fluids in your body)
- feel more energized.

## How Does Your Body Get Water?

You can get water by:

- drinking water and other beverages
- eating foods with high water content such as broth soups, celery, tomatoes and melons.

## What Type of Water or Beverages Should Your Drink?

Drink tap or bottled water. Limit beverages that can lead to water loss. This includes alcohol and beverages with caffeine such as coffee, tea, soft drinks and energy drinks.

If you want a beverage with more flavor, make fruit-infused water by adding fruit, herbs, spices or a combination of these to your water.



## Water quality

The Environmental Protection Agency (EPA) is responsible for making sure public water supplies within the United States are safe.

If you have questions or concerns about the quality of the well or city water you drink, visit your state's website on water quality.

- **Minnesota**  
[health.state.mn.us/topics/water/data.html](https://health.state.mn.us/topics/water/data.html)
- **Wisconsin**  
[dnr.wi.gov/topic/DrinkingWater](https://dnr.wi.gov/topic/DrinkingWater)



## How Much Water Do You Need Every Day?

Drink when you feel thirsty and with meals. Follow any special directions if you have fluid restrictions or if you have had weight loss surgery.

The amount of water you need every day depends on:

- your age
- your gender
- if you are pregnant or breastfeeding
- if you have certain health conditions such as kidney stones.

Ask your health care provider how much water you need every day.

## Are There Times When You Need More Water?

Your body needs more water at times when you:

- are in hot weather
- are exercising
- have a fever
- have vomited (thrown up)
- have diarrhea (loose stools).

**Important: Follow any special directions if you have fluid restrictions or if you have had weight loss surgery.**

## What Tips Can You Use to Drink Enough Water?

- Keep a water bottle or cup with you at all times.
- Sip water or other beverages during the day instead of drinking them all at once.
- Choose water instead of other beverages.

## When Should You Call Your Health Care Provider?

Call your health care provider if you have the following signs of dehydration for more than 12 hours:

- fatigue
- dizziness
- thirst
- dry mouth
- cracked lips
- decreased urine volume
- urine that is dark amber in color.

**Adapted from the Centers for Disease Control and Prevention.**