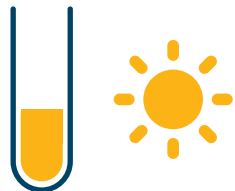


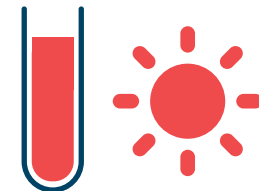
# How much water do you have to drink

according to temperature and work activity?

Adult man



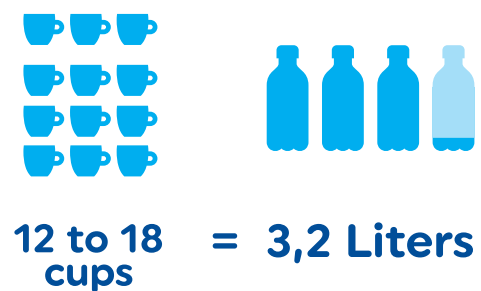
Fresh temperature + moderate work activity



Hot temperature + intense work activity



Adult woman



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.

In collaboration with:



Ministerio de Salud 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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Costa Rica



Your kidneys  
ask for it:

**Drink water!**

# Prevent Uncommon Chronic Kidney Disease

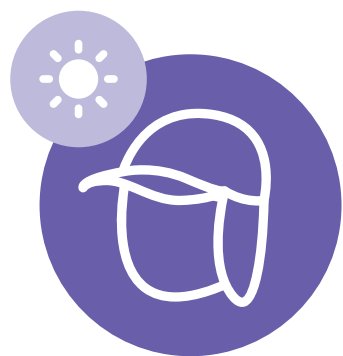
How to protect yourself from the sun and the heat?



- 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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Costa Rica



Your kidneys  
ask for it:

**Drink water!**