

**A STORY OF DEHYDRATION**

Your classroom is hot, you are tired, grumpy and your teacher's voice sounds like it is at the end of a tunnel.



**THIRSTY CELLS**

You have not had a drink of water since before you got to school. Every cell in your body is dehydrated.



**WATER ENTERS THE BODY**

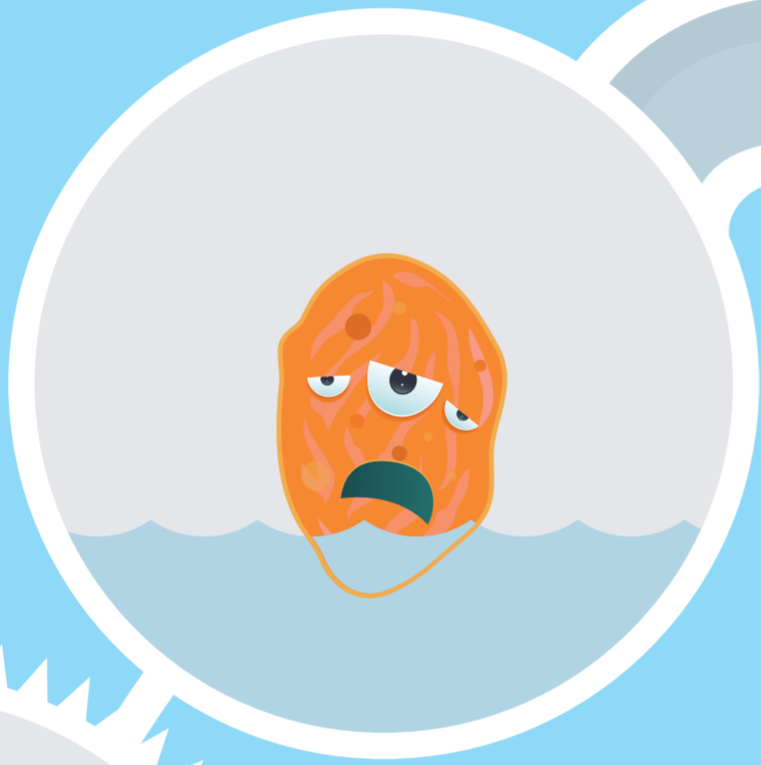
You drink a whole bottle of water really fast. The water travels down your throat to your stomach and small intestine.

# HYDRATION

DEHYDRATED

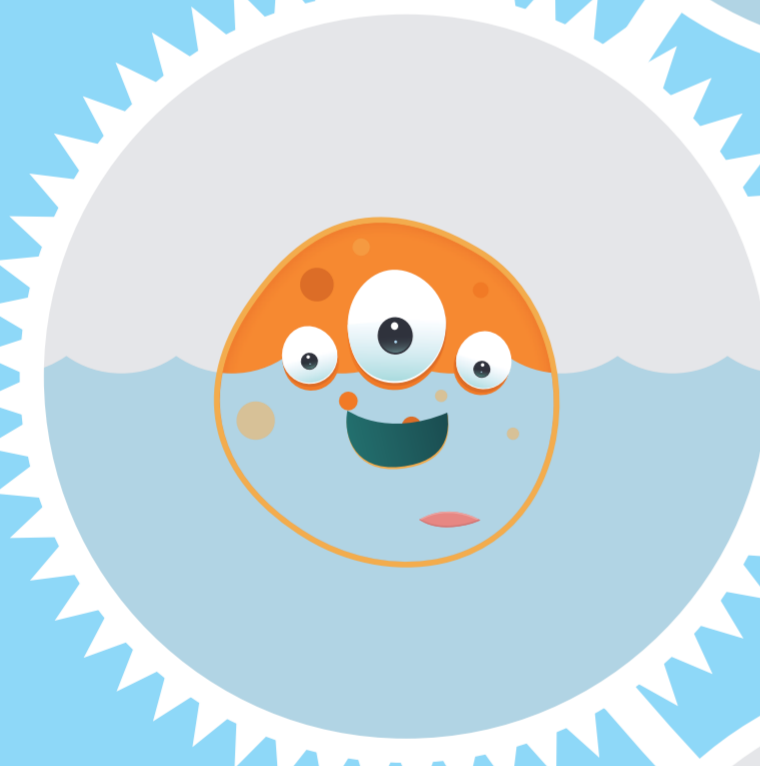
**BALANCE**

Water is taken from your gut to your thirsty cells by your blood.



**OSMOSIS**

Your body uses OSMOSIS to transfer the water to your dehydrated cells. OSMOSIS moves the same amount of water inside your cells as outside the cells.



HYDRATED

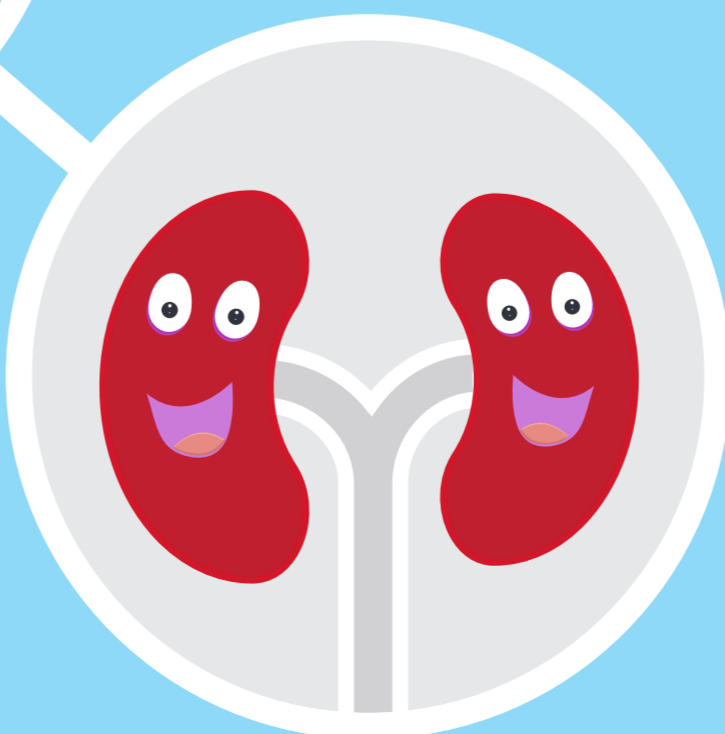
**TOO MUCH WATER**

Your cells are rehydrated and while you can hear your teacher and think more clearly there is now too much water in your blood.



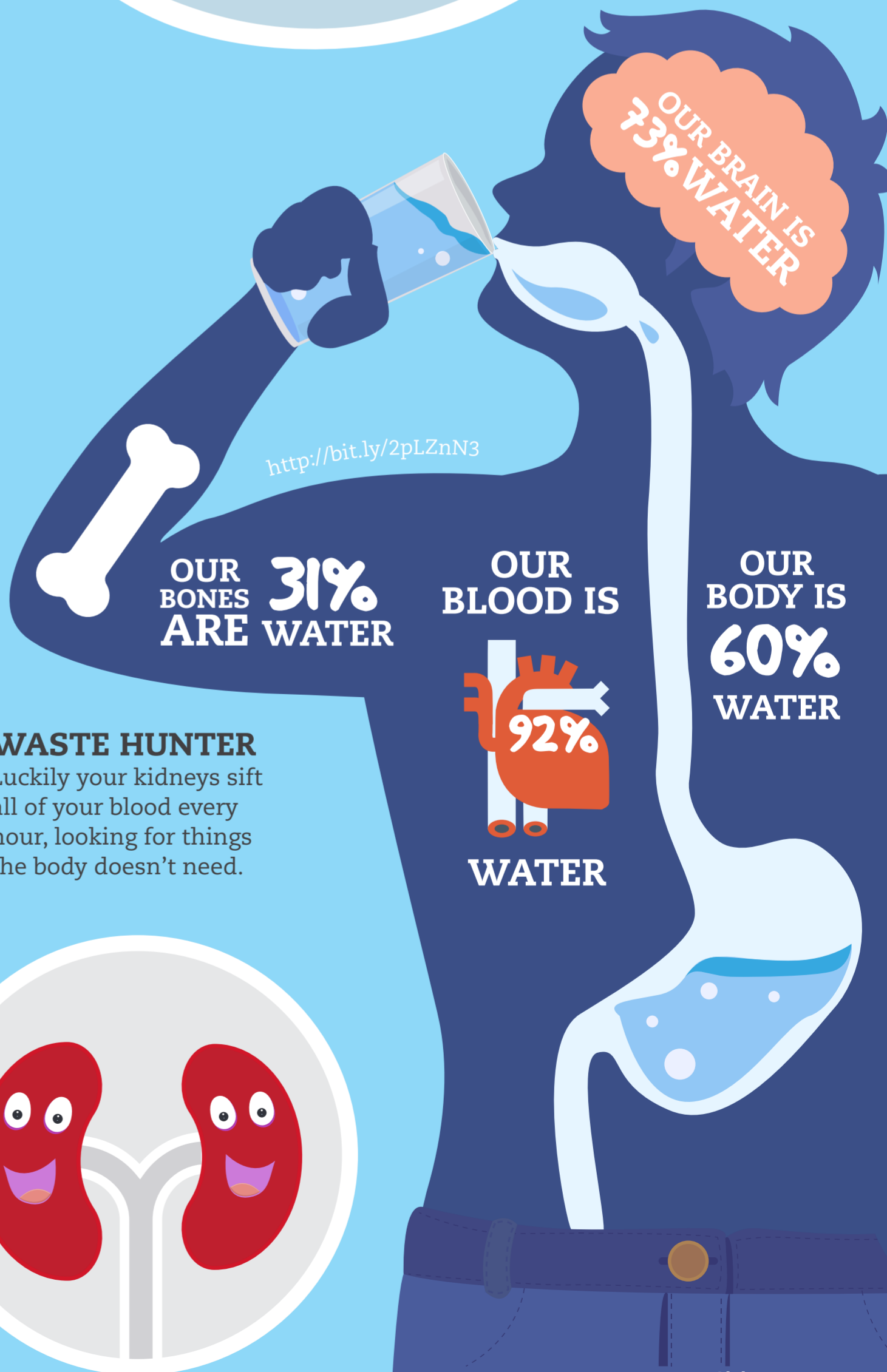
**WATER & WASTE**

Your kidneys find 1.8 litres of extra water and waste that needs to be turned into urine and sends it to your bladder.



**WASTE HUNTER**

Luckily your kidneys sift all of your blood every hour, looking for things the body doesn't need.



**ARE YOU DEHYDRATED?**

Check the colour of your urine to see how dehydrated you are.