



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.



HYDRATED



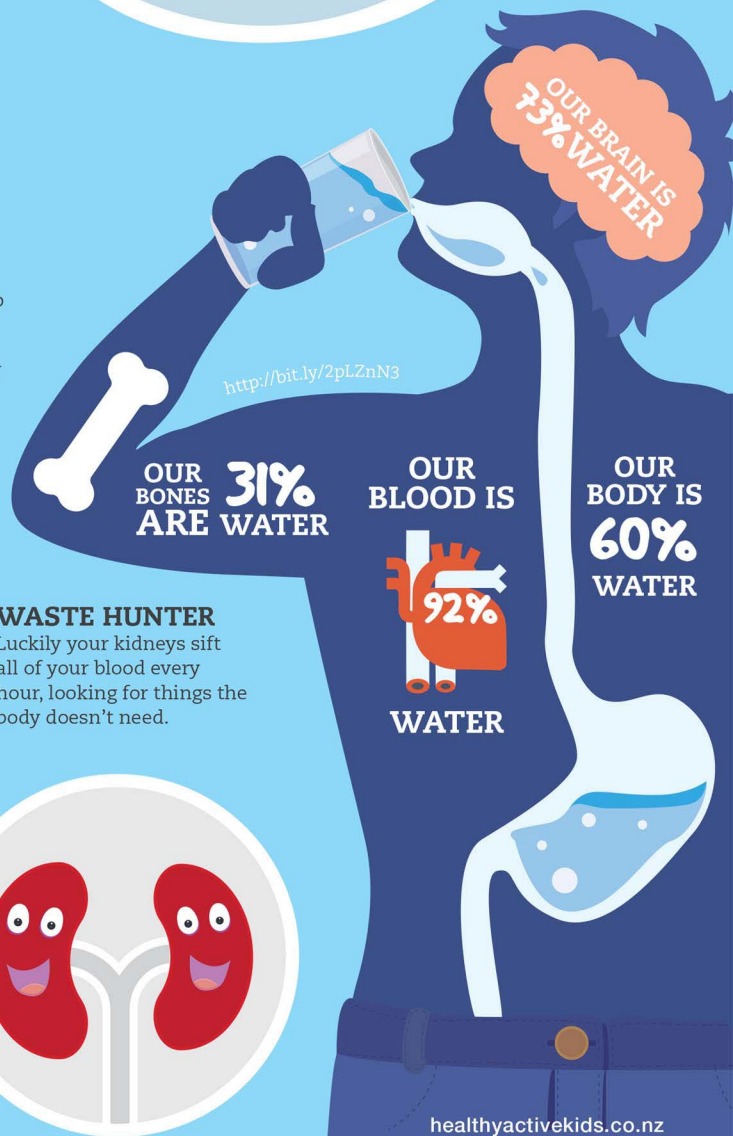
OSMOSIS

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.



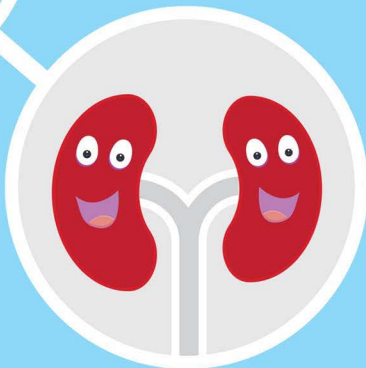
TOO MUCH WATER

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



WASTE HUNTER

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



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.

ARE YOU DEHYDRATED?

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