

Hydration

Why is staying hydrated so important?

The simple act of drinking extra water can prevent many complications of sickle cell disease. It is especially important for kids with sickle cell disease to drink plenty of water to promote healthy blood flow and reduce the sickling of their red blood cells.

Tips to stay hydrated:

- Water is the best fluid. Other fluids like juice, milk, soup, fruit, popsicles, or sports drinks are fine.
- Limit drinks with caffeine (soda, coffee, or tea).
- Drink water at school and have a water-bottle handy at all times.
- Drink the recommended amount of fluid that should be consumed every day based on weight.

Body Weight (lbs.)	Recommended Range per Day (8 oz. cups)
10	2-3 cups
25	4-6 cups
30	5-8 cups
45	6-9 cups
55	7-10 cups
75	8-11 cups
100	9-13 cups
130	10-15 cups
150	11-17 cups
175	12-18 cups

