

Keep hydrated during ramadan



Drink plenty in non-fasting hours.

Have a range of drinks during suhoor, iftar and the evening.

Still take work breaks for rest.

Healthcare workers have a higher risk of dehydration as they are often working in warm, air conditioned environments. Long, busy shifts with limited breaks and wearing PPE increase this risk.

Adequate hydration can:

 **Reduce fatigue and anxiety**  **Support concentration**

Ideas to support you:

- / 1** It is recognised that it may be difficult to keep such long fasts, particularly if you are working long shifts under heat stress conditions. In these unusual circumstances, you will need to reflect regularly on your own health and discuss any issues with your manager and local imam.
- / 2** If your work environment is causing you to sweat heavily, consider using a sports drink designed to replenish electrolytes when you are not fasting. Low fat milk will also work.
- / 3** Don't skip suhoor or iftar. It's important to maximise hydration and replenish the micronutrients you lose throughout the day.
- / 4** Feelings of thirst are common when fasting. However, urine colour is a better indicator of dehydration. Dark urine is a sign of dehydration. Aim to keep urine a pale straw colour.

Check your ICU and local public health team policies to ensure you adhere to infection control guidance in the COVID environment.



Work Ready is the leading network of workplace specialist dietitians in the UK.

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A British Dietetic Association initiative