After the water

1. **Stand up slowly.** Sit for a minute first.
2. **Drink water.**
3. **Warm up.** Dress warmly, sip something warm.
4. **Wait 10 minutes** before you drive.

Dizzy for more than a few minutes, short of breath, or chest pain? Get medical help.



Keep the water with you

What’s normal to feel, the first evening, and practices for home.

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