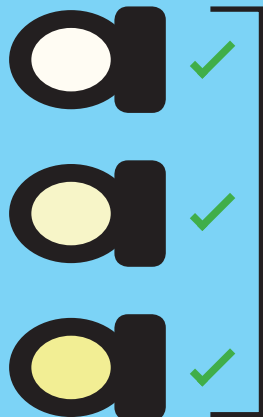


DRINK MORE, STOP INFECTIONS

Adults need to drink at least:

**8 Glasses of fluids
per day, unless advised not
to by your GP.**



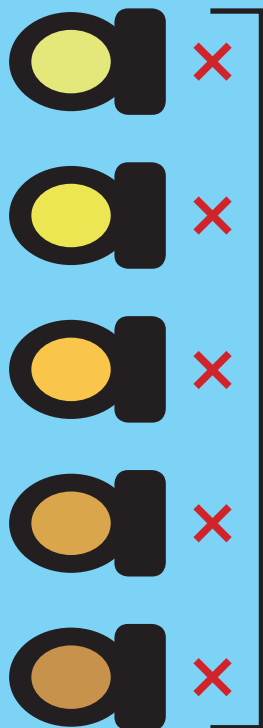
**1 to 3
Is healthy
wee**



Drinking flushes the bad bugs out!



Choose drinks that you like and are likely to finish!!



**4 to 8
You must
hydrate**



Increase your fluid intake earlier in the day if you worry about getting up at night!



Do not wait until you feel thirsty to have a drink!



Urinary tract infections (UTIs) are responsible for nearly 10 million doctor visits each year.



**Remember to
wash your hands
after the toilet
and before
you eat!**



Urine infection can be a source of sepsis.