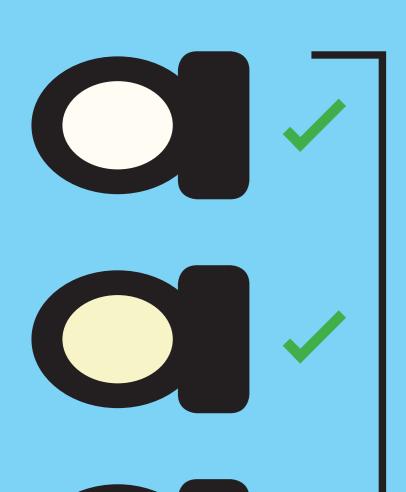
## DRINK MORE, STOP INFECTIONS

Adults need to drink at least:

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



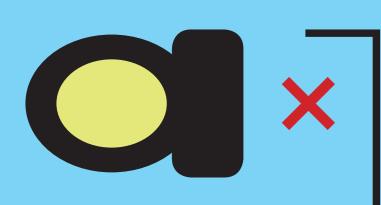
1 to 3 Is healthy wee



Drinking flushes the bad bugs out!



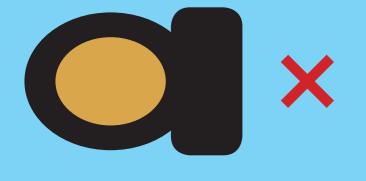
Choose drinks that you like and are likely to finish!!

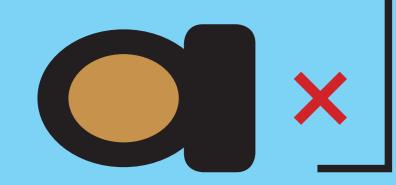












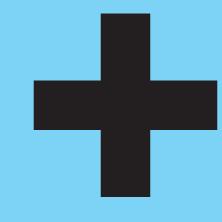
4 to 8 hydrate



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.



