Stop Infection, Drink More!



Please follow: @GMNandH



Aim for 6–8 drinks per day, unless advised otherwise by your GP



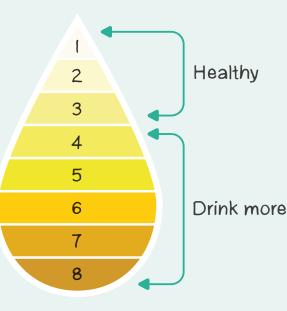
Drink more in the morning if you worry about getting up at night



Do not wait until you feel thirsty to have a drink



What colour is your urine?



Healthy pee is 1 to 3, 4 to 8 you must hydrate

For more information call your local Age UK

Bolton: 01204 382411 Bury: 0161 763 9030 Oldham & Rochdale: 0161 633 0213

Manchester: 0161 833 3944 Salford: 0161 788 7300 Stockport: 0161 480 1211

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