

UTIs* ARE THE SECOND MOST COMMON TYPE OF INFECTION IN THE UK.

To help avoid UTIs:

1 to 3 is healthy wee,
4 to 8 you must hydrate.



PERSONAL HYGIENE:
KEEP YOUR PRIVATE PARTS CLEAN

*urinary tract infections

HAVE
8 BIG
DRINKS
A DAY

IF YOU HAVE ANY OF THESE SYMPTOMS, GO TO YOUR GP:

Needing a wee more often.

Pain or discomfort when having a wee.

Pain in your lower back or lower tummy.

High temperature.

