

# What colour is your wee?

1. Good

2. Good

3. Fair

4. Dehydrated

5. Dehydrated

6. Very Dehydrated

7. Severely Dehydrated

**1, 2, 3  
Healthy  
Wee**

**Over 4  
Drink  
More**

# Beat the Heat

Drinking more fluids helps  
to prevent infection  
and incontinence

**Aim to drink  
2½ - 3½ pints or  
1½ - 2 litres\*  
including water,  
decaffeinated and  
sugar free drinks per day.**

\*unless otherwise advised by a healthcare professional