

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