

## What colour is your wee?

1, 2, 3  
Healthy  
Wee

1. Good
2. Good
3. Fair
4. Dehydrated
5. Dehydrated
6. Very Dehydrated
7. Severely Dehydrated

Over 4  
Drink  
More

Drinking more fluids helps to prevent infections  
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

In partnership with Public Health



# HELP YOURSELF

## Top tips for Preventing Infection

Simple changes can make a real difference

Good habits can protect us

As we age, so does our immune system,  
taking extra care makes sense

# PREVENT

**P**ee - 1, 2, 3 healthy wee, over 4 drink more. Use the wee chart on the back to check your wee is a healthy colour. Don't cut down on drinks to avoid going to the toilet, drinking water improves your bladder control.

**R**ecent antibiotics - If you have diarrhoea that is not settling and you have recently had antibiotics contact your GP. Do not take anti-diarrhoea medicine to stop diarrhoea, unless **you know** that it is not due to infection, as this may make you sicker.

**E**ligible for vaccination - Make sure you are up to date with all vaccinations. It is a myth that the flu jab can give you flu, it cannot. Make sure you have your flu vaccination if you are eligible.

**V**isiting - Don't visit people who are unwell unless you need to. Avoid visiting others if you are poorly especially those who are elderly, sick or very young.

**E**nvironment - Keep your home clean. Bacteria that cause infections can live in dust for up to 6 months. Always use clean crockery and cutlery when preparing and eating food. Keep your cleaning cloths clean.

**N**ice clean hands - Wash your hands regularly and always before preparing food, before eating, after using the toilet, after blowing your nose. Make sure you wash your hands well, wet first then add soap, cover all areas including thumbs, palms and between fingers. Bar soap can carry bacteria so liquid soap is better.

Don't use nail brushes if you have diarrhoea and vomiting. This can spread the infection as they can hold on to bacteria.

**T**issues - Always throw used tissues into a bin after use and keep hands clean. Avoid contact with tissues used by others and if this is not possible wash your hands thoroughly afterwards.

# INFECTION

**I**ncontinence - Contact the local continence advisory service direct for advice. Your GP will have these contact details. Always change pads regularly, particularly if soiled. This can reduce the transfer of bacteria from your bowels to your bladder, especially if you are female.

**N**ever share - towels and flannels as these can spread infections. Don't use flannels whilst you have diarrhoea and vomiting as these can hold on to bacteria and you can then re-infect yourself.

**F**ibre - Eating a healthy diet that includes fruit and vegetables is important. It can help prevent constipation. Constipation can increase the risk of urinary tract infections particularly in the elderly.

**E**asy hand hygiene - Hand gel can be an easy and useful alternative if you visit places with no hand wash areas. Soap and water is still the best but it is better to use this than nothing at all.

**C**lean - your body as this helps to protect us from infection. Wash regularly and change your underwear daily.

**T**ake your doctor or nurse's advice when it comes to antibiotics - Only take them when you have a serious infection and they are prescribed for you. Remember never share antibiotics or keep them for later use.

**I**ntake of fluids - It is important not to get dehydrated, particularly when the weather is hot, as this can increase the risk of infection especially urine infection. If you are unwell and have diarrhoea you will need to increase your fluid intake whilst you are ill.

**O**nly wipe from front to back when you go to the toilet - This stops bacteria spreading from your bowel to your bladder. Females are more at risk of getting urinary tract infections.

**N**eed further advice - visit [www.nhs.uk](http://www.nhs.uk) or contact your GP.