It all starts with a glass of water...

Staying hydrated helps prevent infections and keeps antibiotics working

- Resistance to antibiotics is an increasing problem and affects our ability to treat infections effectively.

- Preventing infections such as Urinary Tract Infections (UTI) by keeping hydrated avoids the need to prescribe antibiotics and reduces the risk of developing antibiotic resistant infections.

- Adults need to drink at least 1.5 litres of fluid every day – about 8 large cups.

- If you’re over the age of 65 you’re at greater risk of dehydration, which can have harmful effects including increasing your risk of developing an infection.

For more information on supporting hydration, please visit:
- www.england.nhs.uk/commissioning/nut-hyd/10-key-characteristics/
- www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/hydration/resources

For more information on keeping antibiotics working, please visit:
- https://antibioticguardian.com/keep-antibiotics-working/

www.ips.uk.net