Stay Hydrated

Do not wait until you feel thirsty to have a drink.

Drink more in the morning if you worry about getting up at night.

Aim for 6–8 drinks per day, unless advised otherwise by your GP.

Choose drinks that you like and are likely to finish.

For more information call your local Age UK:
- Bolton: 01204 382411
- Manchester: 0161 833 3944
- Tameside: 0161 308 5000
- Bury: 0161 763 9030
- Salford: 0161 788 7300
- Trafford: 0161 746 9754
- Oldham & Rochdale: 0161 633 0213
- Stockport: 0161 480 1211
- Wigan Borough: 01942 241972

Please follow: @GMNandH

For more details visit: www.ageuksaiford.org.uk

Greater Manchester Nutrition & Hydration

Stop Infection, Drink More!

Choose drinks that you like and are likely to finish.