

# Stop Infection, Drink More!

**Greater  
Manchester  
Nutrition &  
Hydration**

Please follow: @GMNandH



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



Choose drinks that you like and are likely to finish

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



Do not wait until you feel thirsty to have a drink



## What colour is your urine?



Healthy

Drink more

Healthy pee is 1 to 3,  
4 to 8 you must hydrate

For more information call your local Age UK

**Bolton:** 01204 382411

**Bury:** 0161 763 9030

**Oldham & Rochdale:** 0161 633 0213

**Manchester:** 0161 833 3944

**Salford:** 0161 788 7300

**Stockport:** 0161 480 1211

**Tameside:** 0161 308 5000

**Trafford:** 0161 746 9754

**Wigan Borough:** 01942 241972

**PaperWeight**  
helping fight malnutrition

For more details visit:

[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

**GMCA** GREATER  
MANCHESTER  
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AUTHORITY

**NHS**

in Greater Manchester