

# It all starts with a glass of water...

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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

[www.ips.uk.net](http://www.ips.uk.net)

**ips** Infection Prevention  
Society

For more information on supporting hydration, please visit:  
[www.england.nhs.uk/commissioning/nut-hyd/10-key-characteristics/](http://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/i-hydrate/resources](http://www.uwl.ac.uk/academic-schools/nursing-midwifery/research/richard-wells-research-centre/research-projects/i-hydrate/resources)  
[www.patientsafetyoxford.org/clinical-safety-programmes/reducing-the-incidence-of-acute-kidney-injury/hydration-project-in-care-homes-in-partnership-with-windsor-ascot-and-maidenhead-ccg/](http://www.patientsafetyoxford.org/clinical-safety-programmes/reducing-the-incidence-of-acute-kidney-injury/hydration-project-in-care-homes-in-partnership-with-windsor-ascot-and-maidenhead-ccg/)

For more information on keeping antibiotics working, please visit:  
<https://antibiotic.ecdc.europa.eu/en>  
<https://antibioticguardian.com/keep-antibiotics-working/>