

# EVERY SIP COUNTS

Stay Hydrated

## Hydration & Urinary Tract Infection (UTI) Communication Toolkit



# 0

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# 1

## Acknowledgement & Contact Details



### 1.1 Acknowledgement

Thank you to Bath and North East Somerset Council's Public Health Team, Royal United Hospitals Bath, NHS Foundation Trust and Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board, who have helped to produce this toolkit.

### 1.2 Contact Details

For any further information please contact:

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## 2.1 Promoting hydration and UTIs

Dehydration in older people is a common cause of hospital admission and can lead to infections, such as urinary tract infection. Overuse of antibiotics to treat urinary tract infections can lead to antimicrobial resistance. As we get older our sense of thirst reduces and kidney function decreases. It may also be more physically difficult to drink and certain conditions, such as dementia and acute illness increase the likelihood of becoming dehydrated. The aim of this toolkit is to reduce the demand for antibiotics needed to treat urinary tract infections, by proactively providing advice and guidance to adults aged 65 and over in the community, on how to stay hydrated. The toolkit also provides further information on signs and symptoms of urinary tract infection, how to prevent it and where to get help.

## 2.2 Purpose of this toolkit & who is it for?

The purpose of this toolkit is to bring together all the information and resources available to encourage adults aged 65 and over in the community to stay hydrated. The information and resources are also for friends, family, carers and health and social care workers.

In section 3 of this toolkit, you will find promotional resources that you can use to raise awareness about hydration, this includes a leaflet, a postcard, and posters. Section 4 contains a variety of resources and communications templates such as newsletter and website material, and social media material.

This pack can be used by a wide variety of professionals and persons for example:

- GP Practice staff e.g., GPs, practice nurses, health care workers, receptionists
- Local Authorities
- Integrated Care Boards
- Frontline health and social care staff  
e.g., district nurses, occupational therapists, health visitors
- Pharmacies
- Acute Trusts e.g., clinicians & health care workers
- Hospitals
- Voluntary Sector e.g., Carer's Centres, Age UK & Alzheimer's Support
- Media; local magazines
- Healthwatch
- Community venues e.g., libraries, leisure centres

# 3

## Promotional Resources



### 3.1 Every Sip Counts leaflet

This leaflet has been designed to give advice and guidance on how to stay hydrated, symptoms of urinary tract infection and where to get help.

Examples of where and when this leaflet can be used include:

- By frontline health and social care professionals, GP staff and pharmacists when they meet an adult over 65 through contact with their patients.
- On display in venues or online where adults 65 and over, their family, friends or carers visit.



### 3.2 Every Sip Counts A6 postcard

This postcard has been designed to provide advice on staying hydrated.

Examples of where and when this postcard can be used include:

- By frontline health and social care professionals, GP staff and pharmacists when they meet an adult over 65 through contact with their patients.
- On display in venues or online where adults 65 and over, their family, friends or carers visit.



To obtain free hard copies of this A6 postcard please email your local Council's Public Health Department:

- Bath & North East Somerset: [anna\\_brett@bathnes.gov.uk](mailto:anna_brett@bathnes.gov.uk)
- Swindon: [publichealth@swindon.gov.uk](mailto:publichealth@swindon.gov.uk)
- Wiltshire: [publichealth@wiltshire.gov.uk](mailto:publichealth@wiltshire.gov.uk)

### 3.3 A video: how to prevent dehydration

This NHS video shows you how you can reduce the risk of dehydration.

The video can be used on social media or on TV screens in community and health and social care venues to promote hydration to adults aged 65 and over.

Please find the video here:

<https://www.nhs.uk/conditions/dehydration/>



### 3.4 Every Sip Counts posters

These posters have been designed to give advice and guidance on how to stay hydrated.

- They can be displayed in hospitals, GP surgeries, pharmacies and other health and social care settings.
- They can be displayed in venues where adults 65 and over, their family, friends or carers visit.



**EVERY SiP COUNTS**  
Stay Hydrated

**You should aim to drink 6-8 glasses of fluid per day**

All non-alcoholic fluid counts including water, tea, coffee, milk, fruit juice and smoothies – every sip counts!

Use this urine colour chart to check for signs of dehydration.

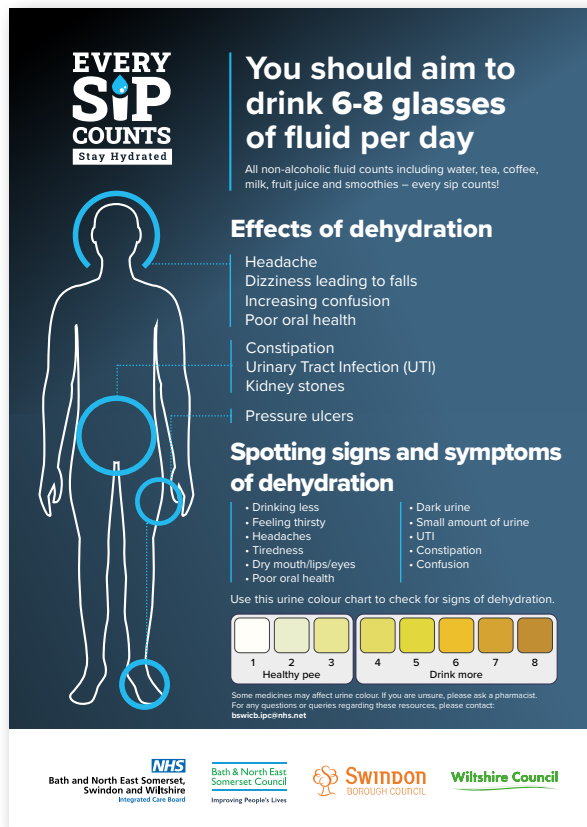
1	2	3	4	5	6	7	8
Healthy pee			Drink more				

**Look out for other signs of dehydration, including:**

- strong-smelling urine (pee)
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips or eyes
- bad breath
- headaches
- urinating less than usual

Some medicines may affect urine colour. If you are unsure, please ask a pharmacist. For any questions or queries regarding these resources, please contact: [bswibc.ipc@nhs.net](mailto:bswibc.ipc@nhs.net)

**NHS** Bath and North East Somerset, Swindon and Wiltshire Integrated Care Board  
**Bath & North East Somerset Council** Improving People's Lives  
**SWINDON BOROUGH COUNCIL**  
**Wiltshire Council**



**EVERY SiP COUNTS**  
Stay Hydrated

**You should aim to drink 6-8 glasses of fluid per day**

All non-alcoholic fluid counts including water, tea, coffee, milk, fruit juice and smoothies – every sip counts!

**Effects of dehydration**

- Headache
- Dizziness leading to falls
- Increasing confusion
- Poor oral health
- Constipation
- Urinary Tract Infection (UTI)
- Kidney stones
- Pressure ulcers

**Spotting signs and symptoms of dehydration**

- Drinking less
- Feeling thirsty
- Headaches
- Tiredness
- Dry mouth/lips/eyes
- Poor oral health
- Dark urine
- Small amount of urine
- UTI
- Constipation
- Confusion

Use this urine colour chart to check for signs of dehydration.

1	2	3	4	5	6	7	8
Healthy pee			Drink more				

Some medicines may affect urine colour. If you are unsure, please ask a pharmacist. For any questions or queries regarding these resources, please contact: [bswibc.ipc@nhs.net](mailto:bswibc.ipc@nhs.net)

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# 4

## Communication templates and resources

### 4.1 Social media messages

Social media platforms can be used to promote hydration, as a keyway to engage with a large audience. Below are a number of example social media messages that can be used on social media profiles. It's recommended to use these regularly between May and October.

Social Media Message	Social Media Image
<p>It's important to stay hydrated to reduce the risk of getting a UTI. Aim to drink 6-8 glasses of fluid each day (a minimum 1.5 litres). All non-alcoholic fluid counts including water, tea, coffee, milk, fruit juice and smoothies #everysipcounts</p>	 <p>A social media image with a dark blue background. At the top is the 'EVERY SiP COUNTS Stay Hydrated' logo. Below it, white text reads 'You should aim to drink 6-8 glasses of fluid per day'. At the bottom, there are small logos for NHS, NHS.uk, Swindon, and Wiltshire Council.</p>
<p>Being well hydrated brings physical benefits as well as mental health benefits. #everysipcounts Know the signs of dehydration <a href="https://bit.ly/3q1X3F3">https://bit.ly/3q1X3F3</a> Eating water-rich foods (such as cucumber, tomatoes, watermelon and strawberries) increases your water intake.</p>	 <p>A social media image with a dark blue background. It features a human silhouette with blue circles highlighting the head, chest, and stomach. Text includes 'Effects of dehydration' (Headache, Dizziness leading to falls, Increasing confusion, Poor oral health), 'Spotting signs and symptoms of dehydration' (Thirst, Dry mouth, Dark amount of urine, Headache, Dry skin, Irritation of the mouth), and a color-coded scale from 1 (Healthy) to 8 (Dehydrated).</p>
<p>You're dehydrated when you lose more fluids than you have consumed. Feeling thirsty is usually a good indication that you have become dehydrated. Use this urine colour chart to check for signs of dehydration &amp; help prevent getting a UTI #everysipcounts</p>	 <p>A social media image with a dark blue background. It shows a urine color chart with eight numbered boxes from 1 to 8. Box 1 is labeled 'Healthy pee' and box 8 is labeled 'Drink more'. The 'EVERY SiP COUNTS Stay Hydrated' logo is in the top right corner.</p>
<p>Dehydration can increase the risk of urinary tract infections (UTIs). Watch this NHS video to see how you can reduce the risk of dehydration <a href="https://bit.ly/3q1X3F3">https://bit.ly/3q1X3F3</a> If you think you have a UTI contact your GP, pharmacist or NHS 111. For more info visit: <a href="https://bit.ly/43isyJ2">https://bit.ly/43isyJ2</a></p>	<p><a href="https://www.youtube.com/watch?v=4vyZ7jKpAvs">https://www.youtube.com/watch?v=4vyZ7jKpAvs</a></p>

<p>There are things you can do to help prevent a urinary tract infection (UTI) such as drinking enough fluids to make sure you pee regularly throughout the day, especially during hot weather. #every Sip counts For more info visit: <a href="https://bit.ly/43isyJ2">https://bit.ly/43isyJ2</a></p>	
<p>Have a Urinary Tract Infection? A pharmacist can help with UTIs by offering you advice that can help you get better, suggest pain relief and tell you if you need to see your GP. Some pharmacies offer a UTI management service. Find a pharmacy: <a href="https://bit.ly/45fJ92d">https://bit.ly/45fJ92d</a></p>	

## 4.2 Newsletter & website content

If your organisation produces a newsletter or has a website, here is a template you can use to promote hydration and provide advice about urinary tract infections to adults aged 65 and over.

### 4.2.1 Promoting hydration

#### What is healthy hydration?

Fluids make up over two thirds of our body and we need enough fluid in our bodies to stay healthy. Being well hydrated brings physical benefits (e.g., helping digestion, keeping skin healthy, aiding waste and toxin removal) as well as mental health benefits, e.g., reduced tiredness and confusion.

#### Why is hydration so important for older people?

As we get older, our sense of thirst decreases, and our kidneys do not work as well. It may also be more physically difficult to drink. Certain conditions, such as dementia and acute illness increase the likelihood of becoming dehydrated.

#### What are the effects of not drinking enough fluid?

Becoming dehydrated affects our health, quality of life and wellbeing. Dehydration is a common cause of hospital admission and can slow down recovery time. Dehydration can also:

- Lead to infections, such as urinary tract infections
- Make the symptoms of other illnesses worse
- Increase the risk of constipation, falling and developing pressure sores
- Reduce mental performance (e.g., memory, attention, reaction times) and increase tiredness



## Signs of dehydration

You're dehydrated when you lose more fluids than you have consumed. Feeling thirsty is usually a good indication that you have become dehydrated. If you struggle to recognise when you should have a drink, other signs of dehydration include:

- strong-smelling urine (pee)
- feeling dizzy or lightheaded
- feeling tired
- dry mouth, lips or eyes
- bad breath
- headaches
- urinating less than usual

## How much should we drink?

Aim to drink 6-8 glasses of fluid each day (a minimum 1.5 litres). All non-alcoholic fluid counts including water, tea, coffee, milk, fruit juice and smoothies – every sip counts! About a fifth of the fluid we need each day comes from food. Eating fluid-rich foods (such as cucumber, tomatoes, watermelon and strawberries) is a great way to increase your water intake. These foods tend to be fruits and vegetables, so consuming them will also help you to maintain a healthy diet.

If you are worried about going to the toilet in the night, try and drink the recommended 6-8 glasses of fluid throughout the day.

### Tips to stay hydrated

- Drink your favourite drinks little and often – every sip counts!
- Try adding pieces of fruit (such as lemon, lime or orange slices) to a glass or bottle of tap water. Doing this will add some essential vitamins and minerals to your drink, as well as giving it a fruity taste.
- Taking a refillable water bottle with you on your travels will ensure you always have a drink nearby. Using a refillable bottle instead of bottled water is also a lot cheaper and better for the environment.
- Having water bottles/jugs to hand can act as a visual reminder to drink.
- Alcohol is a diuretic, so drinking lots of it makes you go to the toilet more. It's important that you replace the water that leaves your body when drinking alcohol to ensure you don't get dehydrated.
- Include more fluid-rich foods e.g., soups, tinned fruit in juice and adding sauces to meals, can help increase your fluid intake.
- If you live a busy lifestyle, drinking water regularly can sometimes become an afterthought. There are a variety of hydration apps available for your smart phone that will remind you to drink, while also allowing you to set goals and track your progress. You could also use the start or end of your favourite TV programmes as triggers/ reminders for a drink.

## Helping someone to drink more

If you are a friend, family member, carer or health and social care worker of someone who needs to drink more fluids, here are some things you could do:

- Make extra drinks during your visit and share drinks together
- Buy a range of drinks and fruits/smoothies
- Provide encouragement to drink little and often
- Suggest drinks from the person's childhood, or ice creams with wafers for fun alternatives
- Buy a drinking aid, e.g., cup with electronic reminders to drink, or specialist cup with handles
- Set up electronic aids, e.g., alarms and reminders on devices may help the person drink more

### 4.2.2 Urinary tract infections (UTIs)

Dehydration can increase the risk of urinary tract infections (UTIs). UTIs are caused by bacteria getting into the bladder, kidneys or the tubes in our body that carry urine.

#### When should you get help?

The following symptoms are possible signs of serious infection and should be assessed urgently:

- Kidney pain in your back just under the ribs
- Not peeing all day
- Trouble breathing
- Visible blood in your pee
- Temperature above 38°C or less than 36°C.
- Shivering, chills and muscle pain or very cold skin
- Feeling very confused, drowsy, or slurred speech
- Symptoms are getting a lot worse, or not starting to improve within 48 hours of taking antibiotics

#### What to do and where to go if you have a UTI

Contact your GP, pharmacist or NHS 111. More information can be found here on the NHS website: <https://www.nhs.uk/conditions/urinary-tract-infections-utis/>

#### How to help prevent a urinary tract infections (UTIs)

There are some things you can try to help prevent a urinary tract infection happening or prevent it returning:

- Wipe genitals from front to back after using the toilet
- Keep the genital area clean and dry: avoid scented soaps
- Avoid waiting to pass urine. Pass urine as soon as you need to and try to fully empty your bladder.

- Go for a pee after having sex
- Wash your genitals with water before and after sex
- Drink enough fluids to make sure you pee regularly throughout the day, especially during hot weather.
- Promptly change nappies or incontinence pads if they are soiled.

### **What might your health professional do?**

- If your symptoms are likely to get better on their own, you may receive self-care advice and pain relief
- Ask you to drink more fluids
- Ask you for a urine sample
- You may be given an antibiotic that you can use if your symptoms don't improve, or you start to feel worse
- A pharmacist can help with UTIs by offering you advice that can help you get better, suggest pain relief and tell you if you need to see your GP. Some pharmacies offer a UTI management service.

### **Always trust your health professional's advice about antibiotics**

- Antibiotics can be life saving for serious urine infections
- But antibiotics are not always needed for urinary symptoms
- Common side effects of taking antibiotics include thrush, rashes, vomiting and diarrhoea; ask for advice if you are worried
- Antibiotics affect the bacteria in your bowel, which may make them resistant to antibiotics for at least a year
- Keep antibiotics working, only take them when your doctor/ nurse advises them

For any questions or queries regarding this article, please contact: [\*\*bswicb.ipc@nhs.net\*\*](mailto:bswicb.ipc@nhs.net)