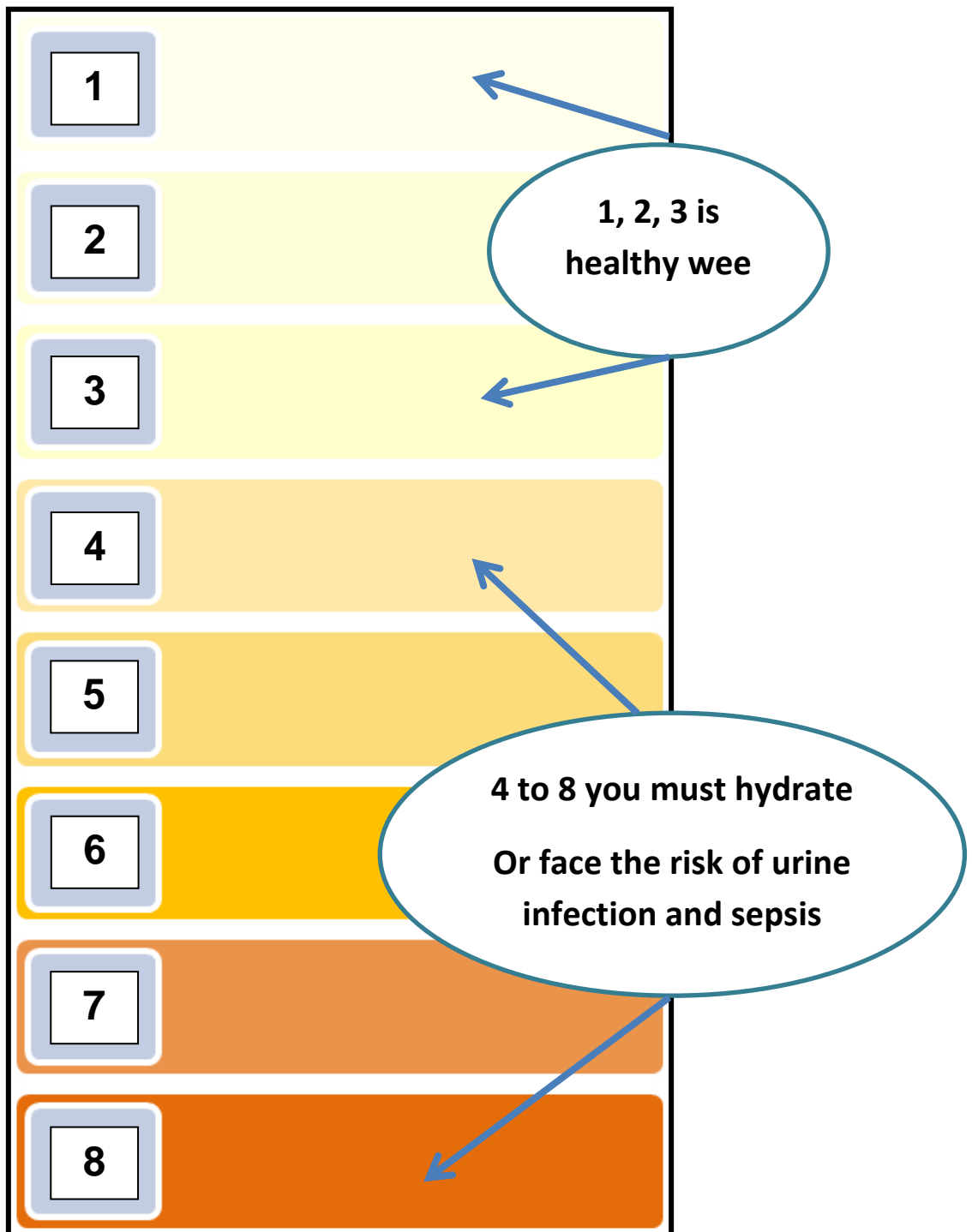




## What colour is your wee?

Dehydration can reduce the flow of blood to the kidneys causing acute kidney injury and infection. In the UK, up to 100,000 deaths a year are associated with acute kidney injury, of which up to a third of those deaths could be avoided (\*NHSE 2017)

### Keep yourself well and stay hydrated



\*NHS England and UK Renal Registry (2017) Acute Kidney Injury and Hydration: A Learning Guide for Care Homes