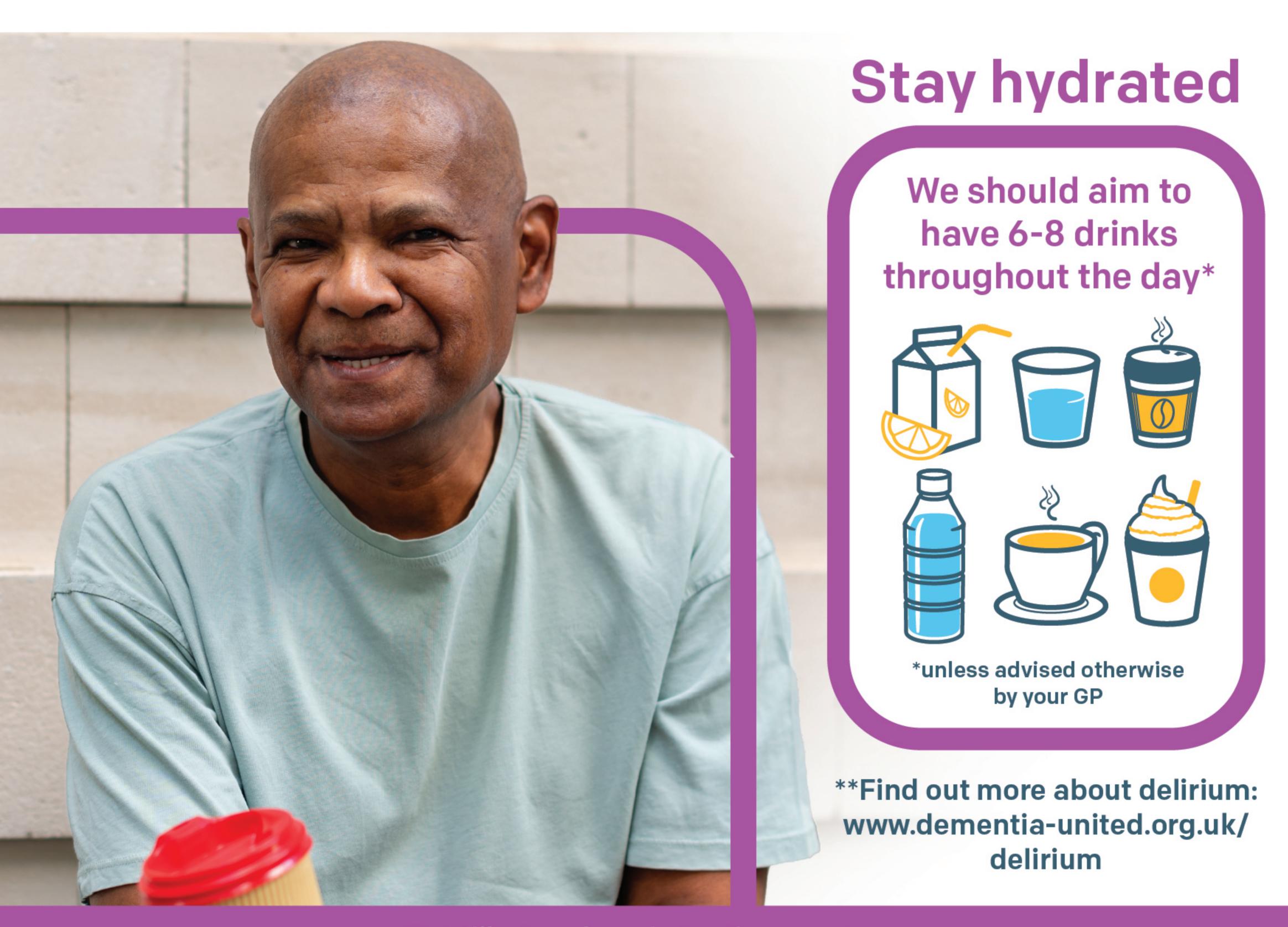
## Stay hydrated



## When did you last drink something?

## Stay hydrated as it can prevent:

Falls // Dizziness // Irritability // Headaches // Toxicity of medication // Infections // A&E Admissions // Dry mouth // Constipation // Cramps // Confusion // Feeling weak // Tiredness // **Delirium\*\*** 



We'd like to acknowledge these partners: