

## Mythbusting

Common myths that you may think are true, but actually aren't!

- I should stop drinking before 6pm otherwise I will be up going to the toilet all night
- Tea and coffee are dehydrating - They are not but they can irritate the bladder increasing frequency
- Hydration is only important for the elderly - It is important for all ages to remain hydrated
- If I do not feel thirsty, I do not need a drink - feeling thirsty means you are already dehydrated!



## Useful links



<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>



For further advice, please email the Infection Prevention and Control team on [somicb.infectionpreventioncontrolteam@nhs.net](mailto:somicb.infectionpreventioncontrolteam@nhs.net)

## Hydration



What you need to know

# Why is hydration so important?



- The body is made up of 60% water
- It helps to prevent infections
- It helps us to regulate our body temperature
- It keeps our joints lubricated
- It delivers nutrients to the cells and keeps our organs functioning properly
- It improves sleep quality, cognition, and mood.



## Top Tips

- Vary your drink choices, tea and coffee, squash, juices, and water if possible. If you do not like water try adding a slice of fruit to flavour it!
- Stay hydrated all year round
- Remember to drink sips of water if you have any type of vomiting bug
- Don't wait until you are thirsty to drink
- If you struggle to drink a lot, try to eat fluid rich foods, such as soups, tinned fruit, adding sauces to your meals, ice-creams, and ice-lollies in the summer

