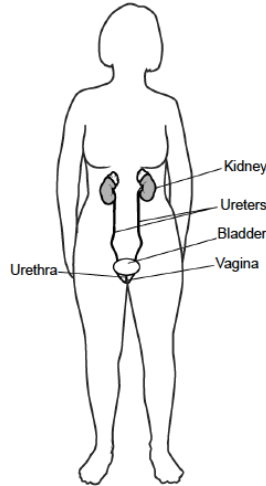


## URINARY TRACT INFECTIONS

1.  
WHAT IS A  
URINARY  
TRACT  
INFECTION?

An infection of the  
bladder or kidneys



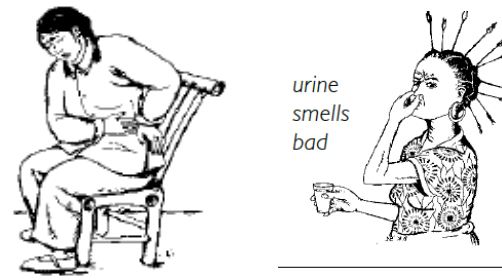
2.  
WHAT ARE  
THE CAUSES  
OF A  
URINARY  
TRACT  
INFECTION?

- Not washing your vagina inside and outside every day
- Wiping from back to front (getting stool in the vagina)
- Urine that stays in your bladder after you urinate
- Sick kidneys
- Wearing tight clothing
- Bacteria from having sex
- Violent sex



3.  
SIGNS OF A  
URINARY  
TRACT  
INFECTION

- Burning or pain when passing urine
- Passing urine frequently or suddenly
- Bloody urine
- Cloudy urine
- Urine that smells bad
- Lower back pain
- Feeling tired or sick
- Becoming suddenly confused

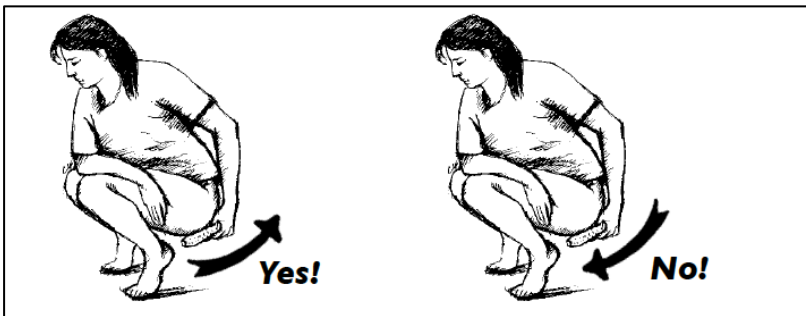
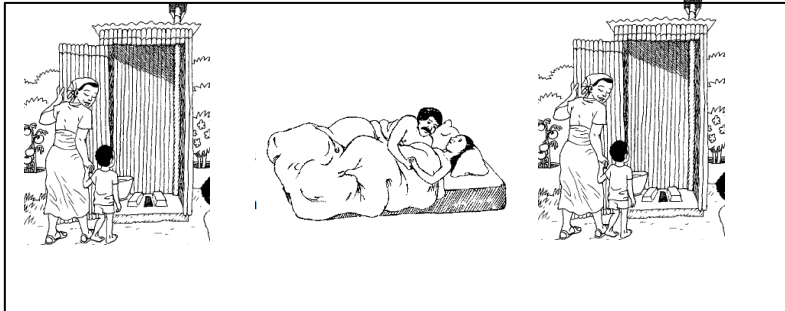




## PREVENTING URINARY TRACT INFECTIONS

### 5. PREVENTION

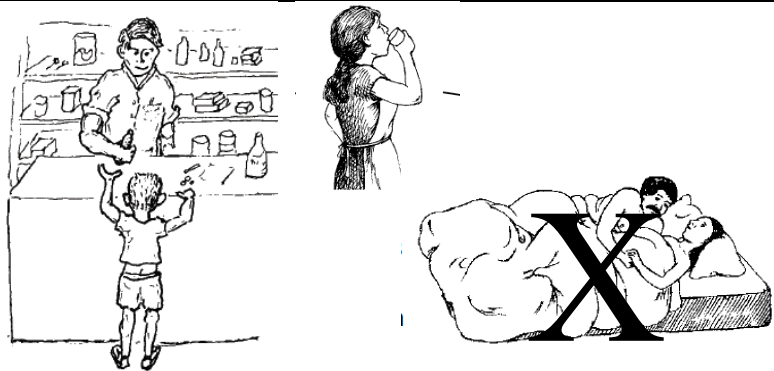
- Always wipe from front to back
- Don't wait to urinate. Go to the bathroom frequently
- Go to the bathroom before and after sex
- Wear loose-fitting and cotton clothes  
Tight fitting clothes don't let air circulate.
- Drink as much clean water as you can

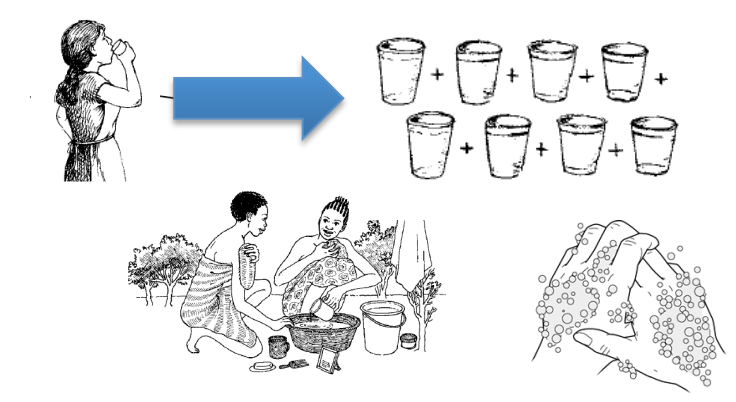
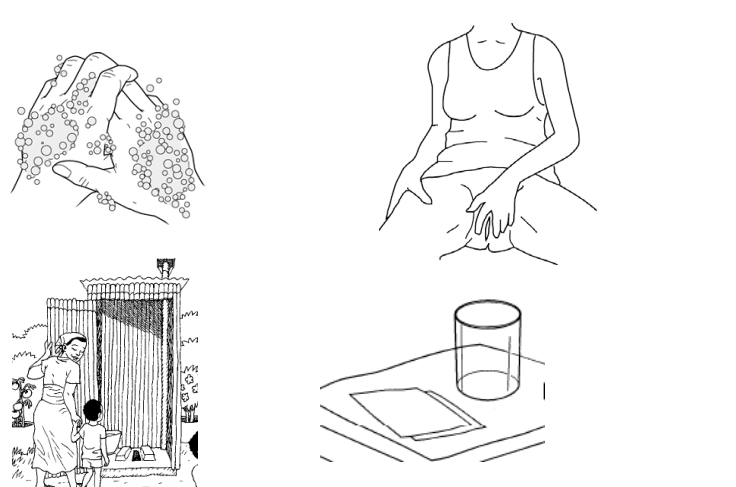


## TREATMENT OF URINARY TRACT INFECTIONS

### 7. IF A DOCTOR OR NURSE TELLS YOU THAT YOU HAVE AN INFECTION

- Take any medication that is prescribed until it is gone
- It is important to keep any medicine away from your children
- Drink a lot of clean water with your medicine
- Stop having sex until you feel better and your medicine is finished

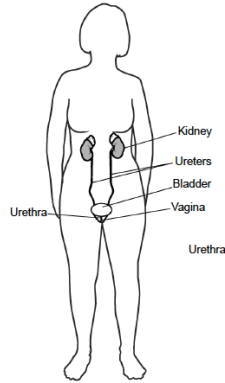


<p><b>9. HOW TO STAY HEALTHY</b></p>	<ul style="list-style-type: none"> <li>• Drink as much clean water as you can.</li> <li>• Mix in a little baking soda if you can.</li> <li>• Drink cranberry juice every day</li> <li>• Wash your vagina every day</li> </ul>	
<p><b>10. CLEAN CATCH URINE SAMPLE</b></p>	<ul style="list-style-type: none"> <li>• Wash your hands</li> <li>• Use a wet paper towel or alcohol wipe</li> <li>• Wipe from front to back</li> <li>• Throw out the towel</li> <li>• Hold your vagina open</li> <li>• Urinate a little into the toilet or on the ground</li> <li>• Urinate into the cup</li> <li>• Finishing urinating into the toilet or on the ground</li> <li>• Give the cup to the doctor or nurse</li> </ul>	



POSTER:

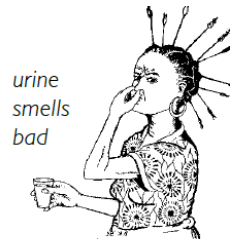
URINARY TRACT INFECTIONS



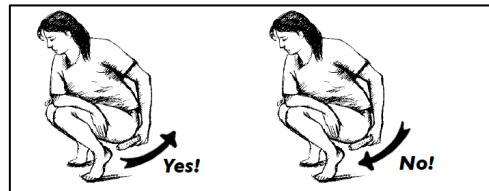
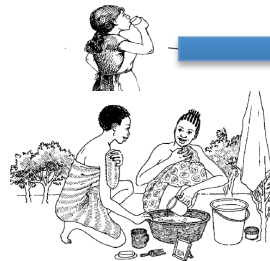
CAUSES



SIGNS



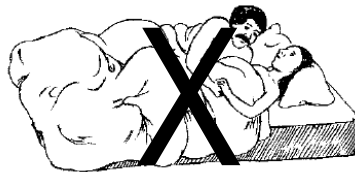
PREVENTION



TAKE MEDICINE



STOP HAVING SEX TILL YOU  
FINISH YOUR MEDICINE



GO TO THE BATHROOM  
FREQUENTLY



## PRESENTER POINTS:

## PRESENTATION IDEAS

- Use poster and follow presentation

## GROUP PROJECT IDEAS

- Show how to purify water with SODIS
- Show the number of glasses of water per day
- Demonstrate adding baking soda to water
- Demonstrate the correct way to wash hands
- Demonstrate the correct way to wipe after urinating
- Show orange or cranberry juice

## GIVE - AWAY IDEAS

## FOR PATIENTS:

- Washcloth and soap

## FOR COMMUNITY:

- Poster
- Teaching tools used in class

BACKGROUND RESEARCH FOR PRESENTER: