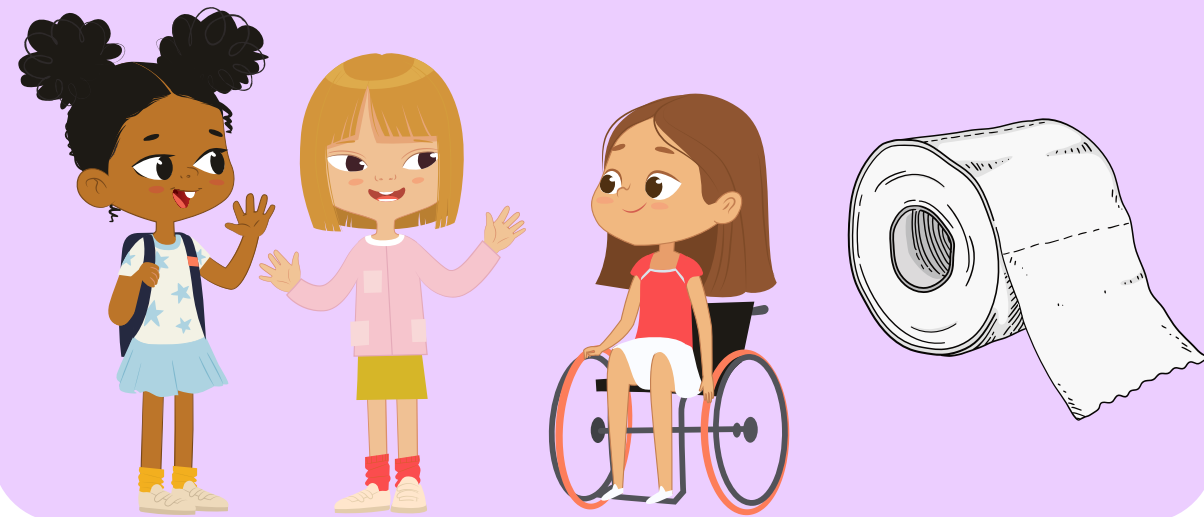


# Preventing UTIs (Urinary Tract Infections)

Stay well  
hydrated



Teach girls when  
potty training to  
wipe front to back



Take showers  
instead of baths



Urinate after  
sexual activity



Minimize douching,  
sprays, or powders  
in the genital area



If you are prescribed  
an antibiotic, always  
take it as your doctor  
states, even if you  
feel better

Learn More: <https://www.cdc.gov/antibiotic-use/uti.html>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

