# 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
## FEMALE INFECTIONS - UTI

### PREVENTING URINARY TRACT INFECTIONS

5. **PREVENTION**

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>• Always wipe from front to back</td>
<td>![Image of women wiping]</td>
</tr>
<tr>
<td>• Don’t wait to urinate. Go to the bathroom frequently</td>
<td>![Image of woman going to the bathroom]</td>
</tr>
<tr>
<td>• Go to the bathroom before and after sex</td>
<td>![Image of woman going to the bathroom]</td>
</tr>
<tr>
<td>• Wear loose-fitting and cotton clothes. Tight fitting clothes don’t let air circulate.</td>
<td>![Image showing yes and no for wiping]</td>
</tr>
<tr>
<td>• Drink as much clean water as you can</td>
<td>![Image showing yes and no for wiping]</td>
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### TREATMENT OF URINARY TRACT INFECTIONS

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

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<table>
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<tbody>
<tr>
<td>• Take any medication that is prescribed until it is gone</td>
<td>![Image of woman taking medicine]</td>
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<tr>
<td>• It is important to keep any medicine away from your children</td>
<td>![Image of woman taking medicine]</td>
</tr>
<tr>
<td>• Drink a lot of clean water with your medicine</td>
<td>![Image of woman taking medicine]</td>
</tr>
<tr>
<td>• Stop having sex until you feel better and your medicine is finished</td>
<td>![Image showing cross]</td>
</tr>
</tbody>
</table>
### 9. HOW TO STAY HEALTHY

- Drink as much clean water as you can.
- Mix in a little baking soda if you can.
- Drink cranberry juice every day
- Wash your vagina every day

### 10. CLEAN CATCH URINE SAMPLE

- Wash your hands
- Use a wet paper towel or alcohol wipe
- Wipe from front to back
- Throw out the towel
- Hold your vagina open
- Urinate a little into the toilet or on the ground
- Urinate into the cup
- Finishing urinating into the toilet or on the ground
- Give the cup to the doctor or nurse
POSTER:

URINARY TRACT INFECTIONS

CAUSES

No!

SIGNS

urine smells bad

PREVENTION

TAKE MEDICINE

STOP HAVING SEX TILL YOU FINISH YOUR MEDICINE

GO TO THE BATHROOM FREQUENTLY

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**PRESENTER POINTS:**

<table>
<thead>
<tr>
<th>PRESENTATION IDEAS</th>
<th>• Use poster and follow presentation</th>
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</table>

| 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: