

Have you had enough water to drink? Check your wee to see!



Well done, you're drinking enough water!



Good work, have a sip of water



Have a drink of water



Have a big drink of water



You haven't had enough water today.
Have a big drink of water now and
more over the next hour



Water is vital
to your health,
70%
of our body is
made of the stuff!



Please Note: This information is provided for education and information purposes only. It is not a substitute for professional medical advice and is not to be relied upon as constituting advice.

For more facts about how you can stay healthy
and hydrated visit our website
chw.net.au/choosetap



CENTRAL
HIGHLANDS
WATER

BE
SMART
CHOOSE
TAP