

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



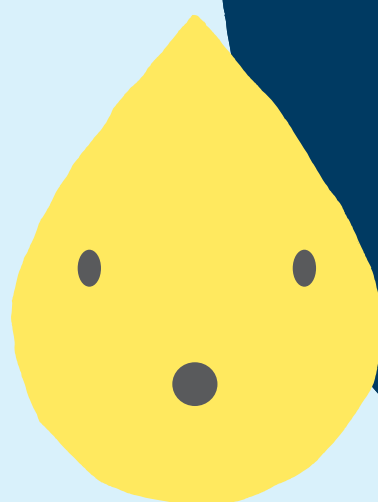
Well done, you're drinking enough water! .....



Good work, have a sip of water .....



Have a drink of water .....



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



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 .....



**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 water visit our website  
[www.midcoastwater.com.au](http://www.midcoastwater.com.au)



**MIDCOAST**  
water services

**BE  
SMART  
CHOOSE  
TAP®**