

The logo features the letters 'A', 'B', and 'C' in large, colorful circles (blue, orange, and green respectively) with 'OF' in smaller blue letters above 'URINARY TRACT INFECTIONS' in large blue letters. A blue horizontal line is below the text.

ABCs OF URINARY TRACT INFECTIONS

A WHAT IS A URINARY TRACT INFECTION (UTI)?

A **urinary tract infection** (UTI) is when germs grow in your urinary tract. **UTIs** are divided into a “lower” tract (the urethra and bladder, which usually is burning and annoying) and “upper” tract (the kidneys, which usually is painful and accompanied by fever). Both women and men may get **UTIs**.

B HOW DO I KNOW IF I HAVE A UTI?

Top 5 signs of a UTI:

- A burning sensation when urinating
 - Frequent urination
 - Urine that is foul-smelling & cloudy
 - Pain in the lower abdomen &/or lower back
 - Fever, shaking chills, nausea & vomiting (generally with “upper tract”/kidney infection)
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C WHAT SHOULD I DO?

Don't delay! Call your doctor or health care professional!

- He/she will ask you a few questions about your symptoms. If you have fever and/or significant pain/discomfort, you will likely be seen.
- You will be asked to drink plenty of liquids (simple water is best!).
- Your doctor may order antibiotics for you to take to combat the bacteria that most often causes **UTIs**.

The good news: if discovered and treated promptly, most **UTIs** will be cured!