

BLADDER INFECTION ZONE TOOL

Every Day...

- ✓ Keep yourself clean if you are a woman by wiping from front to back after you go to the bathroom
- ✓ Go to the bathroom right after you have sex
- ✓ Drink plenty of water
- ✓ Take the time to empty your bladder fully every time you go to the bathroom



ALL CLEAR ZONE

- 👍 No pain when you urinate
- 👍 No lower belly pain
- 👍 Clear urine that doesn't have a bad smell
- 👍 No fever, chills, nausea or vomiting

WARNING ZONE.....

In **Moore County**, call your healthcare provider at **910-255-4400**. If after hours, call **910-715-1000** and ask for PMC Primary Care doctor on call. In **Lee County**, call **919-708-1528**, during or after hours. PMC Walk In Clinic is available in either county.

- 👎 Feel like you need to go to the bathroom, but pass only small amounts of urine
- 👎 Pain or burning when you urinate
- 👎 Pain in your lower belly
- 👎 Urine that is cloudy, is pink or red, or smells bad
- 👎 Fever and chills
- 👎 Nausea and vomiting
- 👎 Back pain

MEDICAL ALERT ZONE.....

Call 911 for ANY DISTRESS including:

- ! Severe dizziness or weakness
- ! Persistent vomiting
- ! Become confused or disoriented
- ! Fever and chills despite taking antibiotics