

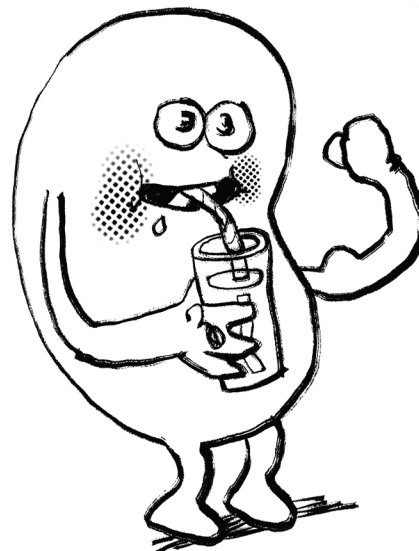
How to look after your kidneys..



keep fit and active



get lots of lovely sleep



drink lots of drink

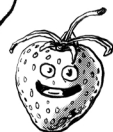
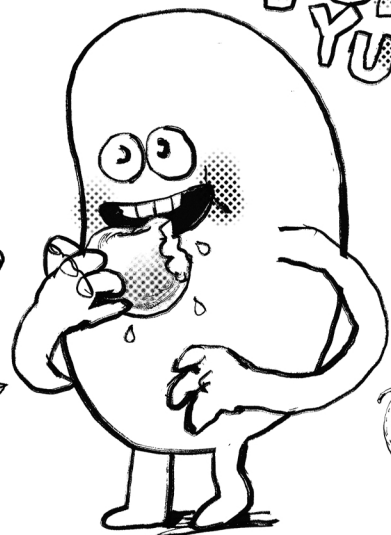
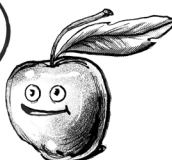


YUM YUM

eat healthy food



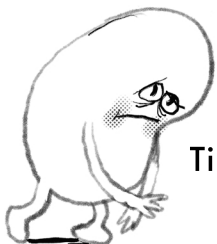
eat me!



Sometimes our kidneys can become poorly. Things to look out for:



Frequent toilet trips



Tiredness



Headaches



Itchy Skin