



GOOD KIDNEY HEALTH

WHAT YOU CAN DO TO KEEP YOUR KIDNEY'S HEALTHY



Keep your weight down.



Drink lots of water.



Do exercise.



Eat good tucker.



Have regular health checkups.



Take your medicines.



Keep your skin clean -
no sores or itching.



Go to the clinic if you are sick
or you have pain.



Don't smoke,
chew tobacco
or use ash.



Don't drink too
much grog.
None is best.



Don't take drugs.
Only take what your
doctor prescribes.