

JAMAICA  
**KIDNEY**  **KIDS**  
FOUNDATION LIMITED

## **YOUR KIDNEYS MAY BE SICK IF**

- 1) Your body starts to swell
- 2) Your eyes look puffy in the mornings and it is not due to eye allergies
- 3) Your pee looks like blood, pepsi or tea
- 4) Your pee is cloudy and strong smelling
- 5) It hurts to pass urine
- 6) If you are passing less urine or a lot more urine than usual
- 7) If you suddenly start wetting yourself in the daytime
- 8) If you still wet the bed although you are older than 6 years old
- 9) If you wet yourself both during the daytime and nighttime
- 10) You feel tired all the time
- 11) If mom thinks you are a lot smaller than other children your age

**SEE A DOCTOR**