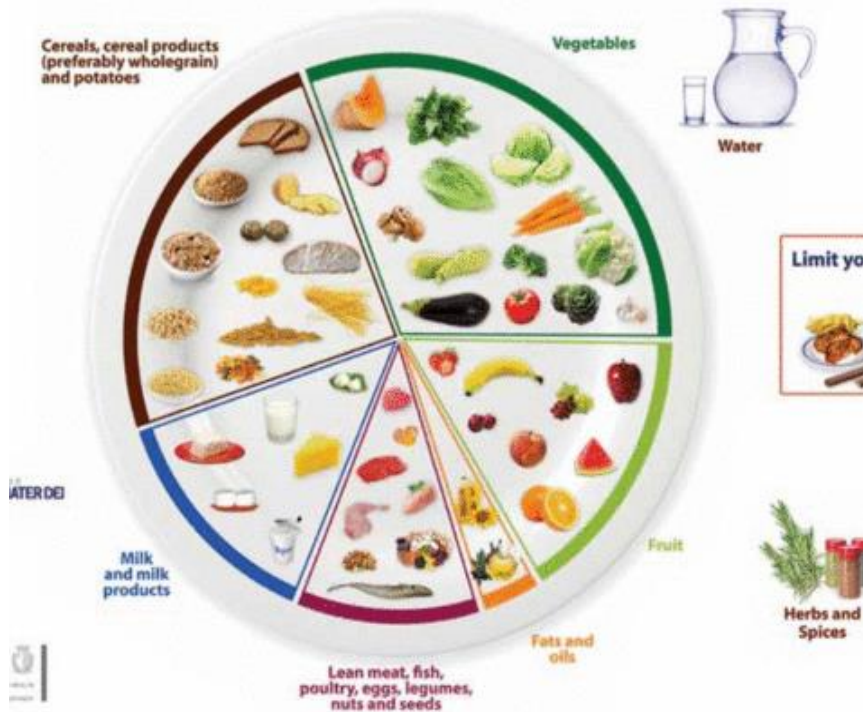


Country: Malta

Authors: The Maltese Health Promotion & Disease Prevention Directorate



Key Message

Drink plenty of water. Choose plain water as your beverage as often as possible. Drink adequate amounts (1.5 to 2.0 litres) of fluids, especially water, each day.

Date of Record: November 2015

Source of Information: [Link](#)