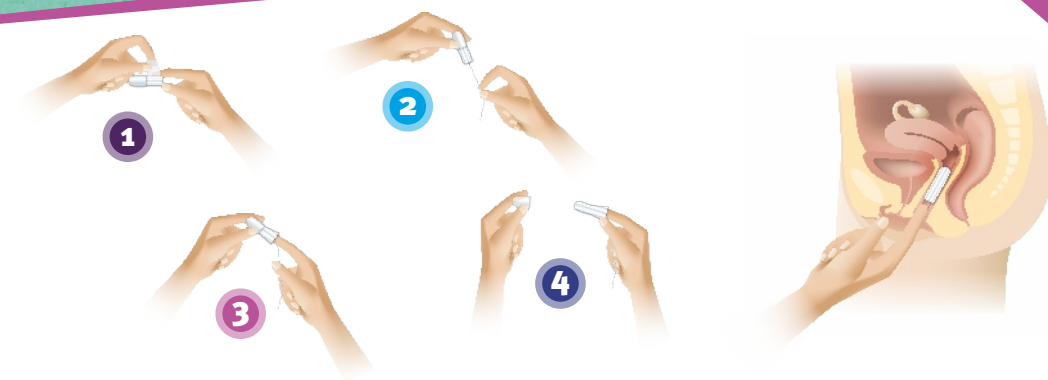


MENSTRUAL HYGIENE

MENSTRUAL BLEEDING

- Lasts for approx. 3 to 7 days, with intensity that varies for the individual
- Consists of blood and detached endometrial lining (the total quantity of menstrual discharge is approx. 50 to 70 ml)
- Colour ranges from brownish red to bright red
- The usual hygiene is sufficient; excessive washing may encourage the growth of bacteria and thus the onset of infections
- Sports are permitted, sexual intercourse is possible



TAMPON OR PAD? IT'S YOUR CHOICE! WHAT YOU SHOULD KNOW ABOUT THEM:

TAMPON

- Should be inserted in the vagina
- It's in the right place when you can't feel it
- Size should be selected based on the intensity of bleeding (the instructions contain a warning to replace it in good time)
- Does not injure the hymen
- You should never sleep with tampon

PAD

- The pad can be attached to underwear using the adhesive strip on the reverse side
- Pads of different sizes and thicknesses are available to suit individual needs (different intensities of bleeding)
- Most pads have an adhesive band on the back, which can be used to fix the pad in place after removal of the protective foil
- You should change the pad every 2 to 4 hours



IF YOU HAVE QUESTIONS ABOUT BEING A WOMAN,
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HEALTH

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BASIC RULES FOR YOUR INTIMATE HYGIENE



SOAP

ORDINARY SOAPS AND SHOWER GELS ARE NOT SUITABLE FOR YOU DOWN THERE

Using ordinary soap can disrupt the natural vaginal flora, and as a result some unpleasant problems may appear like irritation, itching, abnormal discharge or infection. You should use only pleasantly warm water or intimate washes that are designed for intimate care.

WASH ONLY THE EXTERIOR OF YOUR INTIMATE ZONE

The vagina has the ability to clean itself, so it isn't necessary to wash it inside. You should wash your intimate zone only the outside: the vulva, the vaginal lips and the area around the clitoris.

WASH YOUR INTIMATE PARTS AT LEAST ONCE A DAY

It is recommended to wash your vulva after emptying of the bowel (defecation) to prevent transmission of bacteria to the vagina. When you have your period, make sure you wash it twice a day with just pleasantly warm water.



DON'T USE SPONGES OR GLOVES

Sponges and bath gloves can cause minor injuries to the soft and delicate skin of the vagina. When you wash your intimate parts, it is enough just use your hand.



ALWAYS USE A SOFT DRYING TOWEL

The towel that you'll use after washing should be soft and completely dry. You should change your drying towels every 2 to 3 days and don't let anyone else to use it.



WIPE FROM FRONT TO BACK

After visiting the toilet, wipe the toilet paper from front to back, i. e. from the vagina towards the anus. This way you won't be spreading harmful bacteria from the anus to the vagina, which can lead to really serious problems.



WEAR COTTON UNDERWEAR

Cotton underwear enables the skin to breathe. Synthetic materials increase the humidity in the intimate zone and thus create an ideal environment for the harmful bacteria. Wear cotton underwear every day, and save the lace panties for special occasions.



WASH YOUR INTIMATE PARTS BEFORE AND AFTER HAVING SEX

This is important, because it stops the multiplication and spreading of harmful bacteria. Moreover, it is very important that your partner maintains a good intimate hygiene too.



Girls often talk and share experiences and tips on skin care, hair care and using makeup. But sadly, the **intimate hygiene** is rarely a topic of conversation. Maintaining the hygiene in the intimate zone **is extremely important for girls**, not just to feel cleaner and fresh, but to avoid unpleasant and sometimes dangerous health problems that may arise.

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