

How to keep Your vagina healthy

It's important to take good care of your vagina for two big reasons. One: an unhealthy vagina can be embarrassing because it can have a bad smell and discharge. Two: keeping a healthy vagina will help you to avoid infections, which can be uncomfortable or painful.

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This is how you can keep your vagina clean and healthy:

- Wash your vagina at least once a day with warm water only. Don't use harsh soaps as they could cause an infection.
- Wear cotton panties: They allow air to flow, and absorb moisture.
- Change your panties every day: This helps to keep your vagina fresh and clean.
- Don't use douches or perfumed gels. The vagina has a natural smell, and you don't have to change it. *If you notice a strange smell or discharge, go and visit a clinic or doctor as soon as possible.*
- Always use condoms if you have sex. This can help to protect you from STIs, HIV and unwanted pregnancy.
- Change condoms every time you have sex: Especially when you are changing between different kinds of sex (e.g. oral, anal, and vaginal). This avoids the spread of germs from one area of your body to another.
- Eat healthy food like fruits, vegetables and yoghurt.

Follow these simple steps and help your vagina stay healthy

Check out www.bwisehealth.com/category/girl-s-body-guide to learn more.