

CONFIDENT AND CLEAN

Are you cleaning your vagina properly?



1



Wash your hands first.

2



Use warm water and a mild, **unscented** soap when washing your vaginal area.

3

Focus on the outside (The Vulva).

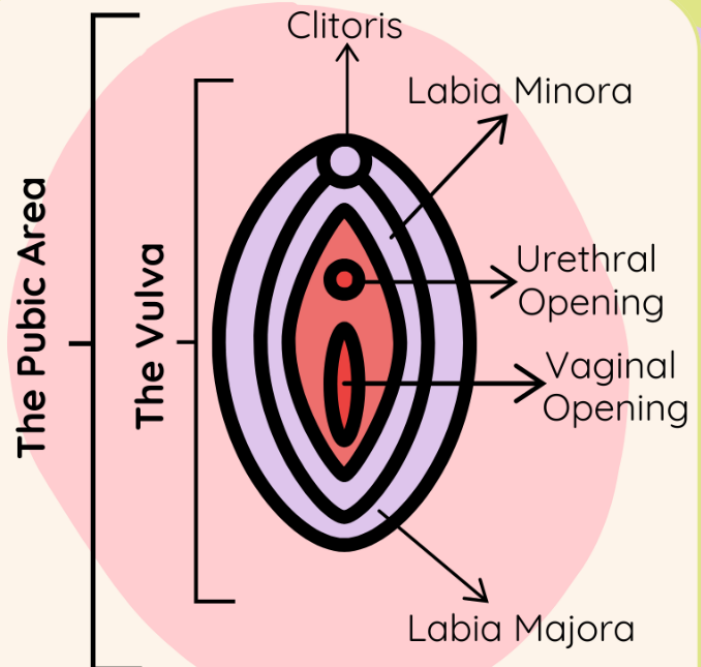
Gently wash the outer area and folds (labia). Do not clean inside because the vagina cleans itself. If you are on your period and using a tampon, take the tampon out before washing.



4



Rinse well to wash off all of the soap, then gently pat dry. with a clean, soft towel to prevent irritation.



-  Use a cloth to wash
-  Use only your fingers to wash
-  No wash zone

**TIPS
AND
TRICKS**



Wear cotton underwear to keep the area dry and comfy.

Wash your vagina **at least once a day.**



Always wipe front to back after using the bathroom or washing your vagina.

Created by Kothrun Tapp