

The mission of the Iredell County Health Department is to promote and protect community, personal and environmental health.

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We provide quality, confidential services with your health in mind. Call us if you have questions about our services, which include:

STD testing and treatment

Family Planning

Maternal Health

Immunizations

Walk-in lab services

Walk-in women's health physicals



## Iredell County Health Department

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Phone: 704-878-5300  
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Business Hours  
Monday, Tuesday,  
Wednesday, Friday: 8am—5pm  
Thursday: 8am—6pm



Iredell County does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.

## *Female Guide for Keeping your Body Healthy & Happy*



## Iredell County Health Department

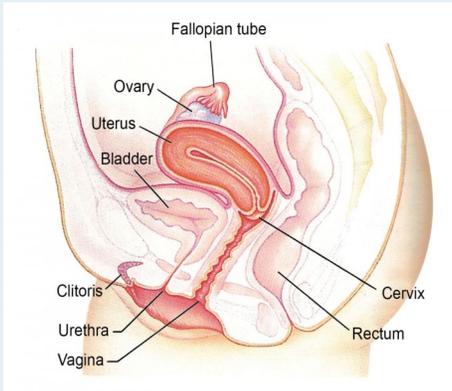
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**Public Health**  
Prevent. Promote. Protect.

**Iredell County**





## What's Down There?

Understanding your body will help you stay healthy. The rectum is very close to the vagina so it is important to be sure you wipe from front to back after using the bathroom. Wiping the wrong way can cause harmful bacteria to enter the vagina or urinary tract (urethra) and cause an infection.

### Signs of vaginal infection (bacterial vaginosis "BV" or yeast infection) include:

- ◆ Abnormal vaginal discharge
- ◆ Change in smell of vagina
- ◆ Itching or irritation
- ◆ Burning when you urinate (pee)

### Signs of a urinary tract infection include:

- ◆ Burning when you urinate (pee)
- ◆ Change in color of urine
- ◆ Abdominal or back pain
- ◆ Urinating often

## Vaginal Infections Stay Away!!

Rule #1: **Don't douche!!** Unless recommended by your healthcare provider this is a no-no and can cause an infection! Douching flushes out the good bacteria that actually prevent infections AND if you already have an infection it can push the bacteria into other areas causing even more problems. **Your vagina is a well-built "machine" and naturally cleans itself.**

Wear all-cotton panties: your vagina needs to breathe and the cotton absorbs moisture. Women produce 1/4-1/2 teaspoon of normal vaginal discharge every 8 hours.

Keep the area clean and dry.

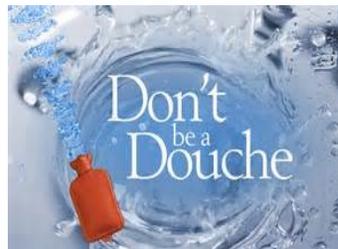
Don't use smelly sprays and deodorants or scented sanitary products: be natural; these are irritating.

Urinate after sex: naturally cleans the vagina.

Eat yogurt with active cultures daily: prevent bacterial growth and help fight infection.

Use condoms...every time! The man's sperm can mess up the healthy environment (the perfect "pH" or acidity) in the vagina and cause an infection.

Limit your sex partners: the more partners you have the greater risk of infection.



**Just Don't Do IT!**



**Just Do IT!**

## If you Must Shave...Do it the Right Way

There is no medical reason to shave your vaginal area. The hair is there for a reason and that is to give some protection for the delicate area. Many women shave as a personal preference. If you are going to do it, do it the right way!

Clip longer hair before shaving

Wash the area before shaving: removes any bacteria from the area

Shave at the end of the shower: the hair around the vagina is thicker and needs to be soft before shaving

Apply shaving cream or gel: no perfumed products (infection...remember?)

Shave horizontally from outside to inside in same direction as hair growth using small even strokes

Avoid swimming or applying moisturizers or other products for at least 30 minutes after shaving: the area is sensitive, especially after shaving

Always use a new sharp razor: change razor after about 5 uses

Give it a rest: Don't shave every day

**So...it is obvious that the vaginal area needs special care to keep it happy and healthy. Follow these tips and see your medical provider if you have any signs of infection.**