

WHAT IS YEAST INFECTION

Yeast lives naturally in the body and on the skin.

When it grows out of control, it causes a yeast infection.

Most common are vaginal yeast infections, which cause itchiness and discomfort. With treatment, most yeast infections clear up within a week.

WHAT ARE THE SYMPTOMS OF A VAGINAL YEAST INFECTION?

- Itching and irritation in the vagina and vulva
- A burning sensation, especially during intercourse or while urinating
- Redness and swelling of the vulva
- Vaginal pain and soreness
- Vaginal rash
- Thick, white, odor-free vaginal discharge with a cottage cheese appearance
- Watery vaginal discharge
- If you suspect that you have a yeast infection, visit your nearest doctor.



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PREVENTION OF A YEAST INFECTION

- Practice good hygiene.
- Wear looser clothing in breathable fabrics.
- Avoid scented sprays and bath products.
- Don't douche.
- Avoid certain medications (when possible).
- Maintain proper diet, sleep, and exercise.
- Keep the area around the vagina clean and dry.



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