# Vaginal Infections

## 1. What is a Vaginal Infection?

A Vaginal Infection is:

- An irritation of the vagina that causes changes in vaginal discharge, itching, odor, and other signs.

## 2. When is my discharge or odor normal?

- Vaginal discharge is a normal part of a woman’s monthly cycle.
- Vaginal discharge during your monthly bleeding may smell different.
- Normal discharge may be thin or thick/creamy.
- Painless without a foul odor.
- Should not itch.
- Sometimes the vagina can be too dry, especially as women get older.

## 3. Signs of a Vaginal Infection

It is an infection if:

- Change in the amount, color or odor of vaginal discharge.
- Itching or burning around the vagina.
- Burning when urinating.
- An urge to urinate more often.
- Sores or warts near the vaginal opening.
- Painful sexual intercourse.
- Chills or fever.
- Stomach or abdominal pain or cramping.

## 4. Types of Vaginal Infections

- 4 main types:
  - Fungus (Yeast Infection)
  - Bacteria in stool (Bacterial Vaginosis)
  - Low estrogen levels (Atrophic Vaginitis)
  - Sexually transmitted diseases (Trichomoniasis Vaginitis)
# Female Infections

## Community Education Course

### Preventing Vaginal Infections

**5. Prevention**
- Clean the vagina every day with water
- Keep the vagina dry
- Always wipe from front to back (toward the butt)
- Change sanitary cloths frequently
- Use condoms to prevent sexually transmitted diseases
- Do not douche or flush the vagina

### Can Vaginal Infections Hurt My Newborn Baby?

- Your baby can get sick if you have a vaginal infection
- Always go to the doctor, nurse, or midwife if you are pregnant for a check-up
- Tell if you have discharge or a bad smell

### Treatment of Vaginal Infections

**7. If You See a Doctor or Nurse**
- You may have a vaginal exam using a speculum
- This does not hurt but may be uncomfortable
- It is important for the Doctor or Nurse to be able to see inside your vagina
- They may use a swab and do a laboratory test

**8. Take Medicines & Stay Healthy**
- Take any medication that is prescribed until it is gone
- Some medication may be a pill
- Some medication may be a pill or cream for use inside your vagina

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VAGINAL INFECTION

SIGNS THAT YOU HAVE AN INFECTION

PREVENTION

SEE A DOCTOR TO GET MEDICINE

IF YOU ARE PREGNANT, SEE A DOCTOR

DRINK A LOT OF CLEAN WATER

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<table>
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<th>PRESENTER POINTS:</th>
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<td><strong>PRESENTATION IDEAS</strong></td>
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| **GROUP PROJECT IDEAS** | • Show proper use of condoms and have them practice unpacking and unrolling them  
  • Demonstrate how to correctly wipe after urinating |
| **GIVE - AWAY IDEAS** | **FOR PATIENTS:**  
  • Condoms  
  **FOR COMMUNITY:**  
  • Poster  
  • Teaching tools used in class |
BACKGROUND RESEARCH FOR PRESENTER:

http://www.cdc.gov/hiv/topics/basic/

http://aids.gov/hiv-aids-basics/

http://www.aidsinfo.nih.gov/hiv-aids-health-topics/353/basic-hiv-aids-information