








AVOID overly-aggressive products such as wipes, enema bulbs , vinegar, toilet paper , bleach , because all of these hurt the vagina and increase the risk of infection.





HOW ? With mild soap   (savon de Marseille) and water, only wash the outside. No need to wash inside the vagina, it washes itself.










Washing your pussy too often, can cause many problems:

- vaginal dryness 
- infections: mycosis, bacterial vaginosis...it stings , itches 
smells bad , flows .
- painful sexual intercourse 
- a higher risk of getting a STD/HIV 
- a higher risk of breaking the condom 



If your vagina  is too dry, there is a higher risk of breaking the condom . If that happens:

- push to get the sperm out
 - try not to put your fingers inside the vagina , so the sperm doesn't go too far  (unwanted pregnancies, infections, STDs/HIV)
 - take the emergency contraception  (<< morning after pill >>) and the post-exposure prophylaxis (PEP) to avoid getting HIV. You have 48 hours to do so   , but the earlier the better.
- Do not hesitate to ask for help  (friend, association, doctor)

HOW TO
WASH
YOUR PUSSY
AT
LOW RISK
?



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