**（英語）**

**妊娠中の方へ**

**For Pregnant Women**

At a shelter, it is often the case that there is not enough water, the bathrooms are in poor condition or there are no showers available. Not being able to clean your private parts might cause you to get an itch down there. In addition, vaginal discharge will increase when you are pregnant.

If possible, you should change your underwear frequently or use a panty liner to keep yourself clean. If this is not possible, then you should wipe your private parts with a moistened tissue paper or soft cloth after you use the toliet.

If you have a strong itch in your vaginal area and your discharge is white and yogurt-like, you might have candidiasis,In this case, your itch won’t be cured just by washing.

It takes courage to talk about delicate matters involving your private parts, but please consult with medical staff near you for the sake of your unborn baby.