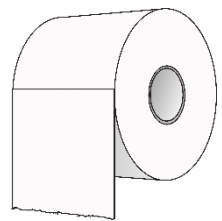


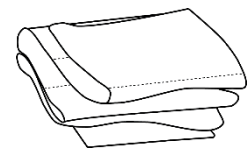
Prevent Bladder Infections

- ✓ Always wipe front to back
- ✓ Always clean after every bowel movement
- ✓ Always clean yourself every morning and every night

1. Use clean toilet paper



2. Fold the toilet paper into 4 to 5 layers



3. Wipe from **front to back**



4. Wash your hands



If you need help, call a nurse

