



Women's health

English version

1

Cheap, healthy food

__ Eat lots of fruit and vegetables in all colours and shapes.

__ Wholegrain products are more healthy than white bread, white rice and light-coloured pasta.

__ Tap water in Switzerland is high quality and cheaper than sweetened drinks.

__ Red meat is recommended for anaemia, as it contains a lot of iron.



2

What helps against period pain?



Exercise and sport



Hot water bottle or heating pad



Relaxation exercises



Pain medications from the pharmacy

Intimate hygiene



Only use water and, if necessary, a mild wash lotion



Clean the genital area from front to back



Only wash the external genitals



pH-neutral shower gels from the supermarket are cheaper than expensive intimate care products but are also good!



Change tampons and pads regularly when you have your period Tip: Sanitary products from the supermarket are cheap and good quality.

4

Contraception



Condoms prevent pregnancy and protect against sexually transmitted infections such as HIV / AIDS.



Condoms and the pill are safer and cheaper than other methods of contraception, if they are used correctly .



After unprotected sex to prevent an unwanted pregnancy : take the "morning after pill" from the pharmacy as soon as possible

5

Pregnancy



If you're pregnant, you must take out mandatory health insurance!



Balanced and varied diet



Daily physical exercise is good for you and your baby!



Boost mental health → talk to someone about how you feel!



Regular check-ups during pregnancy are sensible. Get in touch with your gynaecologist or a contact point for undocumented migrants (see last page)

Menopause



Periods become irregular



Length and symptoms vary between women



For most women, between 45 and 55 years

What helps against hot flushes?



Light food → see "Cheap, healthy food"



Avoid strong spices, alcohol and coffee



Regular exercise outdoors



Relaxation



Cold-hot shower



Sage tea

Sexually transmitted infections (STIs)

Symptoms of an STI:



Burning and pain when urinating



Unusual discharge in the genital area



Itching, pain, skin changes in the genital area



Missed period(s)

Even if you don't have these symptoms, you could have an STI.

Get tested at a test centre after high-risk unprotected sex. To do so, contact a centre on www.sante-sans-papiers.ch

Domestic and sexual violence



__Sexual violence includes sexual harassment and sexual assault through to rape.

__Domestic violence mainly happens within the family and the household.

__In Switzerland, domestic and sexual violence are crimes.

__Talk to someone you trust about what has happened!

__Don't be ashamed, you're not alone!

__Contact an advice centre on www.sante-sans-papiers.ch

Female circumcision



__In female circumcision, the external genitals of girls or young women are partly or totally removed.

__Many circumcised girls and women have health issues and psychological problems.

__Female circumcision is banned in most countries, including Switzerland.

__Get help if you've been circumcised or are worried that someone in your family or among your friends will be circumcised.

To do so, contact an advice centre on www.sante-sans-papiers.ch

Where to go in an emergency



Premature labour, severe pain or bleeding during pregnancy



Sudden severe stomach pain



Unusual heavy bleeding in the vaginal area



Sexual assault or rape



Severe injuries due to domestic violence

Go to the emergency department at a hospital. Public hospitals in Switzerland have a duty to provide treatment in emergencies, even if the person does not have insurance.



Women's health

Places where undocumented migrants can register

Contact points for undocumented migrants offer check-ups and further advice.

Get in touch with a contact point for undocumented migrants close to you or in the canton where you live:

For further information on the individual topics

