

## **PREVENTION OF PRURITUS VULVAE DURING MENSTRUATION**

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### **SUMMARY**

**Background :** *The highest incidence of reproductive tract infection (ISR) in the world is in adolescence (35%-42%) and young adults (27%-33%). The number of ISR cases in East Java such as candidiasis and servicitis that occur in young women is 86.5% found in Surabaya and Malang. The highest cause of such cases is the candida albican fungus as much as 77% who like to breed with high humidity such as during menstruation. The results showed that 5.2 young women in 17 provinces in Indonesia experienced complaints that often occur after menstruation due to not maintaining cleanliness, namely pruritus vulva is characterized by an itchy sensation in the female genitalia. **Method :** Using the media booklet "Tips to Reduce Itching during Menstruation" is chosen as a medium of communication in providing health information to young women. **Result:** Project produced in the form of media booklet as a medium of education for young women as a preventive effort to avoid pruritus vulvae. **Conclusion:** Booklet titled "Tips to Reduce Itching during Menstruation" contains information about prevention of pruritus vulvae during menstruation accompanied by illustrations that make it easier for teenagers to understand the material. Hopefully this booklet can be useful as a medium of education for teenagers to avoid pruritus vulvae during menstruation.*

**Keywords:** *Prevention, Pruritus, Vulvae, Menstruation, Adolescents*