

Personal hygiene



Female prisoners should be provided with facilities and materials necessary to meet women's specific hygiene needs.

This should include:

- Regular supply of sanitary towels (free of charge)
- Water for personal use and for taking care of children.
- In particular, pregnant women, those breastfeeding, women who are menstruating and women involved in cooking should be provided with sufficient water.

United Nations Rules for the Treatment of Women Prisoners, rule 5

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