In many cases, you can safely take care of a vaginal candida albicans with an over-the-counter medication. You can also try treating a yeast infection at home with these tips for self-care to alleviate itching and burning, and other symptoms. Just know the three situations when you see a doctor, and you are well on your way to healthy self-care for candida infections.

If, you Might Try Self-Care for a Yeast Infection:
- You've been previously diagnosed with a yeast infection and you now have the same symptoms, so you are sure you have a yeast infection but not something else.
- You haven't had sex with an all new partner, so you're not liable to being previously exposed to any new STDs (sexually transmitted diseases). Many of the the signs of a yeast infection -- itching and burning, and vaginal discharge -- can mimic the signs and symptoms of STDs.

tag: candidasis oris tussis