HOWTO MANAGE INCONTINENCE IN THE WORKPLACE

- 1. Know Your Rights.
- 2. Speak Up!
- 3. Wear Bladder Control Products.
- 4. Pack Your Work Bag for Incontinence.
- 5. Think About Pelvic Floor Health.
- 6. Stay Hydrated & Eat Right.
- 7. Sit Near the Bathroom.
- 8. See a Urologist.

