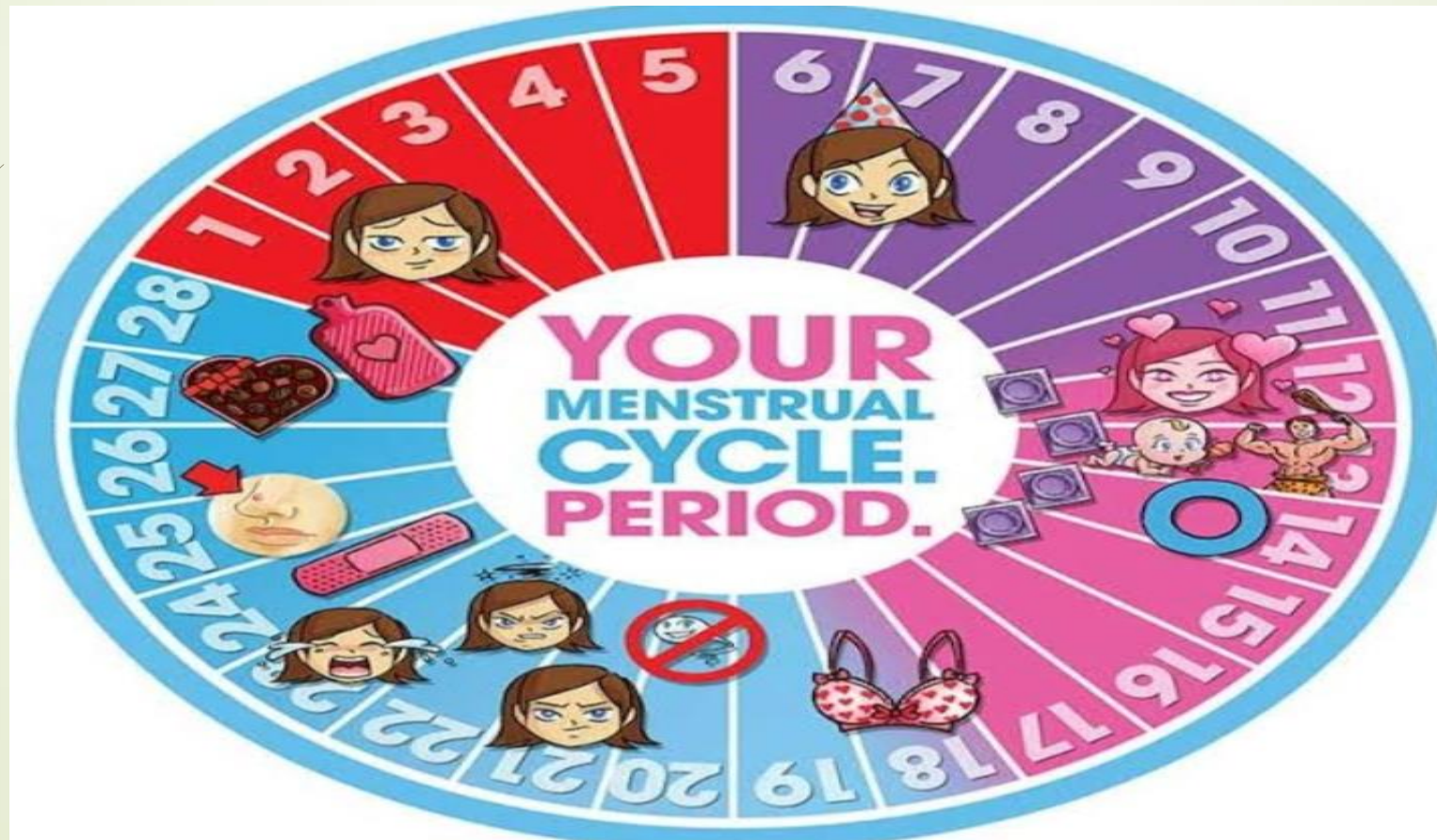


# MENSTRUAL HYGIENE





# WHAT IS MENSTRUATION ?

- Girls start to menstruate between the age of 10 – 19.
- A period is of 2 to 7 days that a girl or woman has her menstrual blood flow, when blood and tissue from uterus leave her body through her vagina .



# SYMPTOMS OF MENSTRUATION



Abdominal pain



Headache



Migraine pain



Backache



Sweat



Irritability



Muscle pain



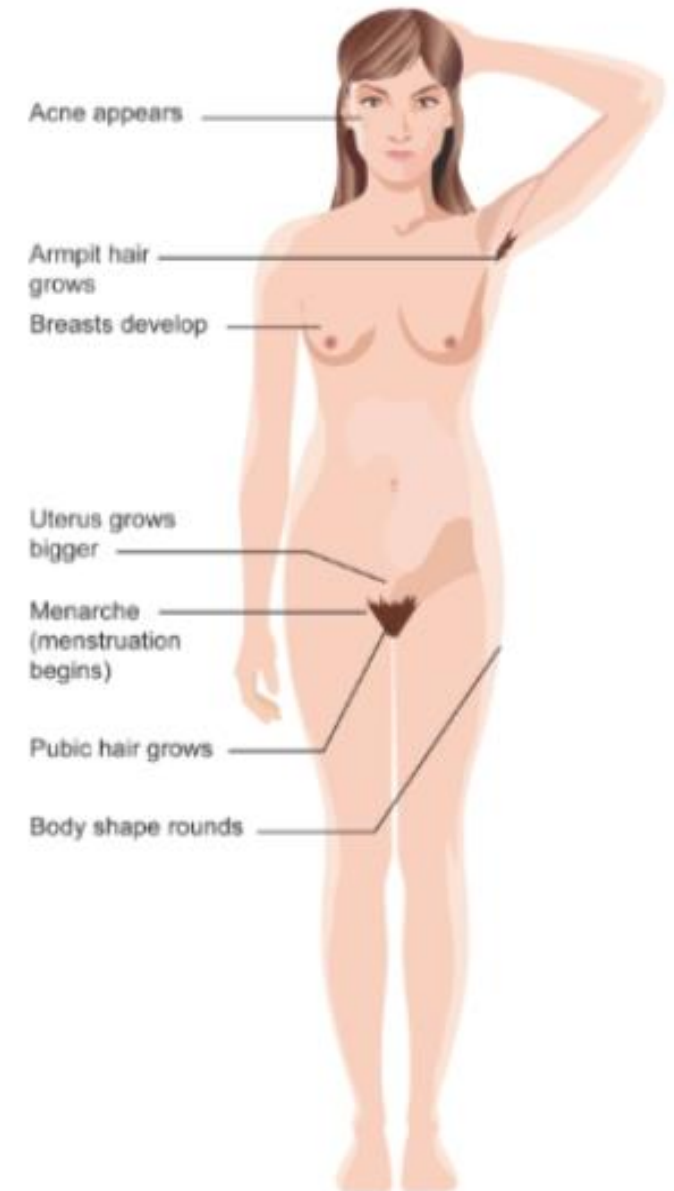
Vomit



Fatigue



# CHANGES DURING MENSTRUATION





# Taboos

- ➡ I do not attend school.
- ➡ I can't attend religious function.
- ➡ I have to sleep separately from other members of family.
- ➡ I can't eat certain foods.
- ➡ I do not wash my body .
- ➡ I do not play sports.
- ➡ I have many restrictions placed.

# The Absence Of Periods Is Normal in.....

During pregnancy



Breastfeeding



At the time of menarche (When menstruation first begins)

Menopause



# Risk to Health of Poor Menstrual Hygiene

- ➡ Infection
- ➡ Skin Irritation
- ➡ Vaginal Irritation
- ➡ Unusual Discharge





# HOW TO MANAGE YOUR FIRST PERIODS?

- Talk to others with girls and women such as grandmother, mother , elder sister, female friend or older woman in your Community.
- Don't be afraid. It can be scary to see the blood of your underwear but it is normal and natural.
- If you are at school, tell the matron , A female teacher or fellow student.
- Feel proud your body is developing that of a young women .

# HOW TO CAPTURE THE BLOOD ?

- Place a cloth , pad ,cotton or tissue on your underwear .
- Never insert the material inside your vagina .
- Change cloth, pad, cotton every 2 to 6 hours or more frequently if you think that the blood flow is getting heavy.

# HOW TO DISPOSE CLOTH, PAD AND COTTON ?

- If you are re-using a cloth put it into a plastic bag until you can wash it with hot water, antiseptic solution and soap and dry it in the sunshine or Iron it.
- If you are using pad or want to dispose your cloth wrap it in paper to make a clean packet and put it in the bin so it can be burned later.
- Do hand wash before and after use of sanitary napkins .



# HOW TO KEEP YOURSELF CLEAN DURING PERIODS ?

- ➡ Everyday wash your genitals with mild soap and water .
- ➡ Keep unused cloth and pads clean for further use .
- ➡ Keep the area dry with cloth and put a fresh cloth pad, cotton on your underwear .
- ➡ Always wipe from front to back after defecation.
- ➡ Wash vagina with water.

# HOW TO MANAGE STOMACH PAIN FORM YOUR PERIODS ?

- Use hot water bag
- Do exercise
- Use painkillers if needed as per doctors order.





# TO MANAGE MENSTRUATION HYGIENICALLY

- It is essential that women and girls have access to water and sanitation.
- They need somewhere private to change sanitary cloths or pad.
- Clean water for flushing their hands and used cloths.
- Facilities for safely disposing of used pads .
- There is also need for both men and women to have a greater awareness of menstrual hygiene .

The background of the image is a soft-focus photograph of numerous pink flowers, likely cherry blossoms, with delicate petals and visible stamens. The flowers are scattered across the frame, creating a romantic and gentle atmosphere. The text 'Thank You' is centered over this background in a large, elegant, black cursive script. The word 'Thank' is on the top line, and 'You' is on the bottom line, with a large, flowing loop at the end of the 'Y' in 'You'.

Thank  
You