

- Sanitary products should be kept private and covered in paper when purchasing.

Fact: Buying sanitary products is like buying soap or toothpaste. They are all personal hygiene products.

IDENTIFYING COMMON ISSUES

- Every woman's menstrual cycle is different.
- Some women get their period at the same time each month.
- Others are more irregular.
- Some women bleed more heavily or for a longer number of days than others.
- Some girls experience period cramps while menstruating. If the pain is not severe, there is no need to take a pain killer or consult a doctor. In case of severe pain, consulting a doctor is recommended.



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MENSTRUAL Hygiene

English



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HOW TO MAINTAIN MENSTRUAL HYGIENE

1. Change your pad every four hours.
2. Clean reusable pads properly.
3. Keep your vaginal area clean.
4. Never use two pads simultaneously.
5. Wear comfortable, clean and dry underwear.
6. Dispose of sanitary pads properly.
7. Wash your undergarment properly.
8. Do not use hygiene products or soaps that contain harmful chemicals.
9. Wash every time you use the toilet.

POTENTIAL RISKS TO HEALTH OF POOR MENSTRUAL HYGIENE

1. Unclean sanitary pads/materials. Bacteria may cause local infections or travel up the vagina and enter the uterine cavity.

2. Changing pads infrequently- wet pads can cause skin irritation which can then become infected if the skin becomes broken.
3. Uses of unclean material - bacteria potentially have easier access to the cervix and the uterine cavity.
4. Wiping from back to front can lead to the introduction of bacteria from the bowel into the vagina, urination or defecation (or urethra) more likely.

MYTHS ABOUT PERIODS

1. Girls having their period should not touch or go near plants. The plant will die if they do so.

Fact: Plants do not discriminate. They thrive on good care, like all of us, irrespective of who it comes from.

2. Foods like curd, tamarind and pickle disturb the menstrual flow.

Fact: The food you eat does not decide the flow of your periods.

3. A girl should not talk about her periods in public. If she does so she will be shamed publicly.

Fact: Do you think twice before you talk about your hair, that eyeliner, the shade of your nail paint? Talking about period is no different.

4. Girls having their periods should sleep in a separate shed or different room.

Fact: Menstruation is not contagious and causes no harm to anyone else in the same room.

5. Any form of physical activity can disturb the menstrual flow.

Fact: Exercise and playing sports can actually help relieve pain.

6. During periods, girls are impure. Girls having their periods should not cook or visit sacred places.

Fact: Periods are just nature's way of saying you are growing up. There is nothing impure about periods.