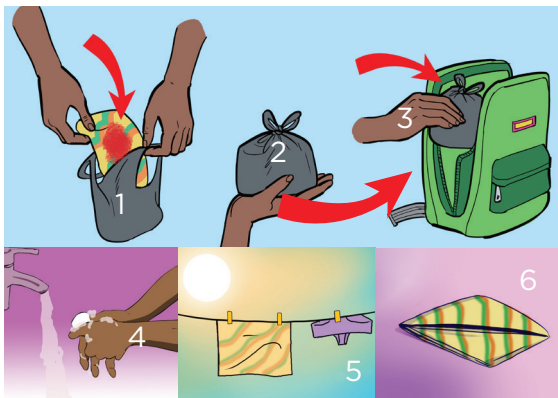
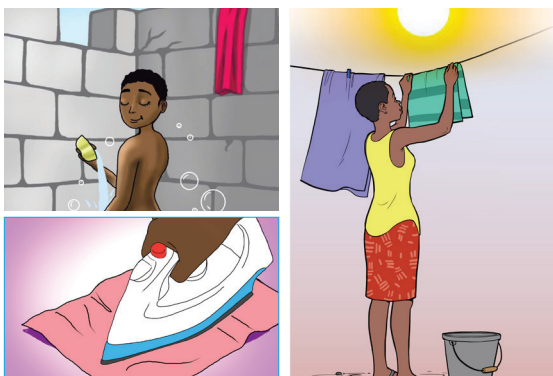


When using reusable material (cotton cloth), it is also important to know how to keep and clean them for further use. Follow this 3 step method to keep your menstrual cloth clean and ready for use during menstruation.

1. Fold cloth, place in plastic bag, before placing in your bag or pocket.
2. Wash with water and soap.
3. Make sure you dry in the sun. And fold for next use.



PERSONAL HYGIENE DURING YOUR MENSTRUATION

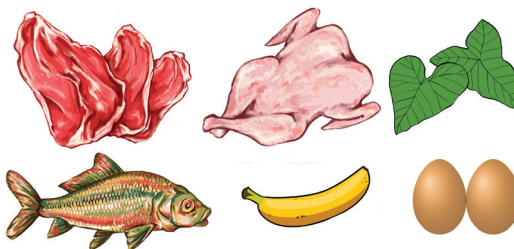


- Wash your vagina at least twice a day during your menstruation.

Do: Clean from front to back;
Don't: Clean from back to front

- Avoid getting soap inside your vagina.
- Wash your hands under running water with soap.
- Bath well, so you smell good.
- Keep your clothes clean and well washed.

EAT IRON-RICH FOOD DURING MENSTRUATION



Below are some foods to eat when you are menstruating. These foods also help to ease the pain during menstruation and replace lost blood.

- Meat, Egg: Protein rich food helps put sugar level in check, limiting cravings for sugar
- Fish are rich in omega 3 fatty acids that helps with reducing of pain
- Cocoyam leaves (Kontomire) or spinach leaves – Restore iron lost in the blood during menstruation.
- Bananas – Boosts your mood during your menstrual cycle.

Menstruation is not fun but you will be surprised how your body responds when you eat the right food.

Be Amazing pledge!

I am unique.
I love my body.
I love myself.
I walk tall and proud.
I focus on my attributes.
I am Amazing. Period!

Practice good menstrual hygiene management and you will be surprised how your body responds when you do the right things.

www.menstrualhygienegh.org

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THINGS YOU NEED TO KNOW ABOUT MENSTRUAL HYGIENE MANAGEMENT

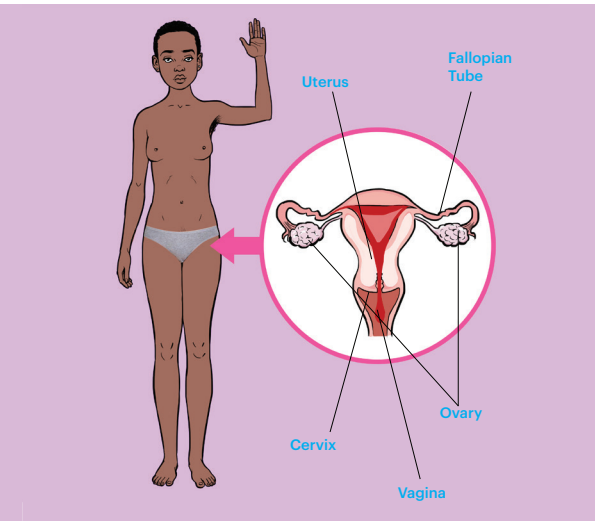
WHAT IS MENSTRUATION?

Menstruation is the monthly flow of blood from the uterus through the vagina. It means a girl is growing up and her body is preparing for the future when she might get pregnant and have babies. It is commonly referred to as Period, a natural bodily function, necessary for the reproductive health of women and adolescent girls.

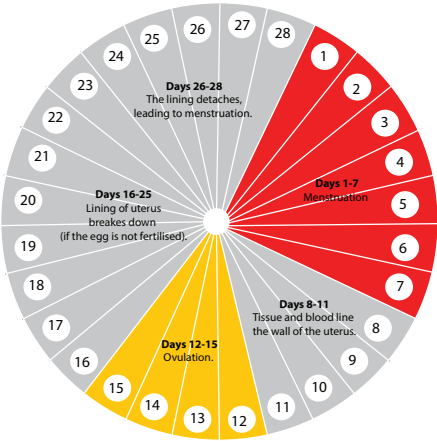


THE FEMALE REPRODUCTIVE SYSTEM AND MENSTRUAL CYCLE

Your menstrual cycle is the interval between your first and your next menstrual period. On average, the length of the menstrual cycle is 28 days, but generally this varies from woman to woman. Regular cycles that are longer or shorter than this, from 21 days, are normal.



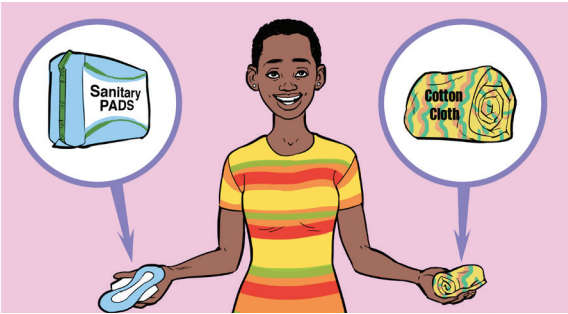
BE AMAZING! HOW WELL DO YOU KNOW YOUR CYCLE?



HOW CAN YOU MANAGE MENSTRUAL PAIN?

Menstrual pain is normal and is caused by the muscles of the uterus contracting. You can manage the pain by:

- You can exercise or use a warm towel to help ease the pain.
- Drink plenty of water.



WHAT MATERIALS CAN YOU USE DURING YOUR MENSTRUATION?

	Materials	Appropriate?
Re - Useable	Old cotton fabric	✓
Disposable	Sanitary pad	✓
	Toilet Roll	✗
	Paper	✗

HOW TO HANDLE DISPOSABLE SANITARY MATERIAL ?

Do's

- Always wrap your sanitary materials before disposing of them in a latrine bin.

Don't

- Do not dispose of your sanitary materials in toilet bowls or toilet pits
- Do not dispose of your sanitary pad on the toilet floor.
- Do not throw your used sanitary pad on a pile of refuse.

