

About Menstruation

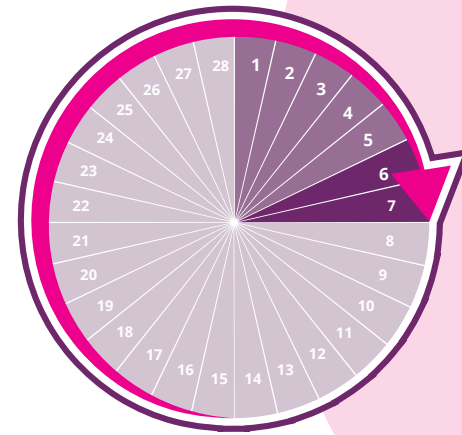
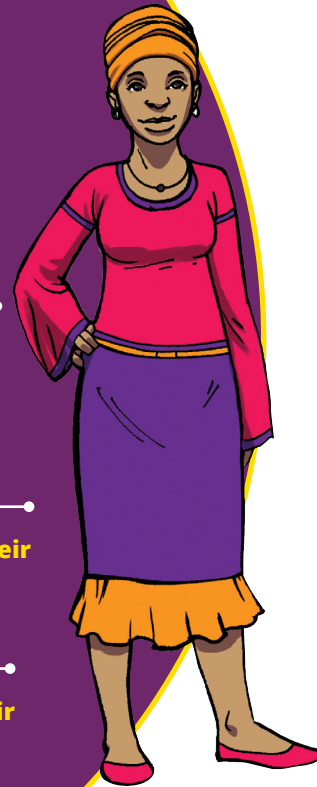


Getting your period is normal and every girl and woman around the world experiences it.

Menstruation is the monthly flow of blood from the vagina experienced by girls and women of reproductive age (those who are able to have children).

Young women usually start getting their monthly period around the age of 12 (this is called menarche).

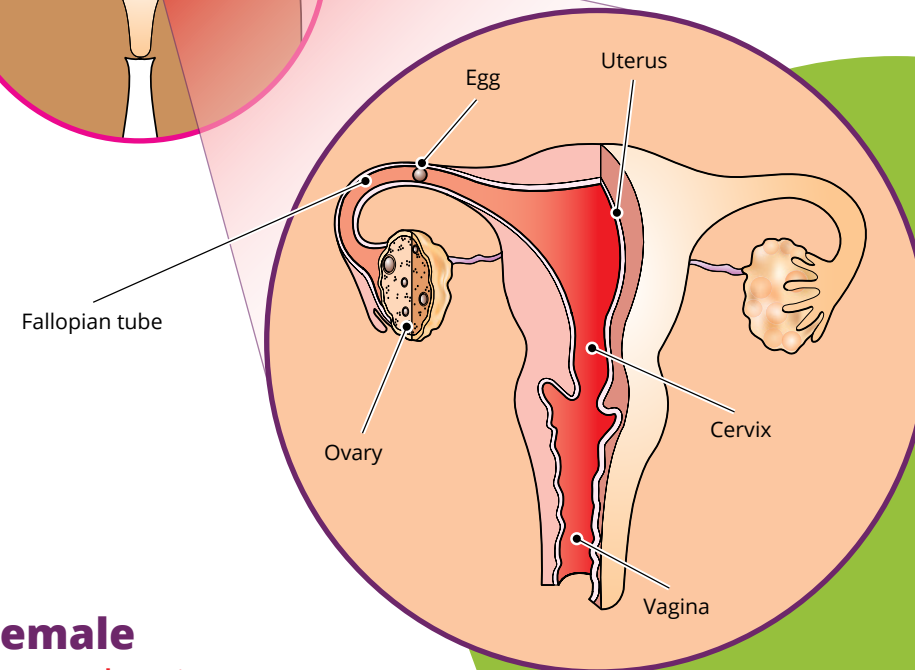
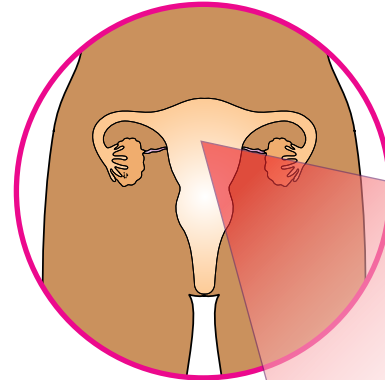
Older women usually stop getting their monthly period around the age of 50 (this is called menopause).



Your period occurs on average every 28 days (1 month).

The bleeding usually lasts for 5 to 7 days, but it can be more or less.

During your monthly period, you need to manage and dispose of your blood in an appropriate way. One way of doing this is by wearing an absorbent pad in your underwear.



Female
reproductive organs

Being a Woman

Tips to deal with your monthly period



If you do not get your period one month, this might mean that you are pregnant.
Visit your local health clinic or community health worker.

Use and Care

of your reusable pads

1 Before you use the pads for the first time, wash them with soap and water. Dry in the sun. This makes the material more absorbent.

2 Slide the pad under the ribbons. The soft side of the pad should face up.

3 Place the holder in your underwear with the pad facing up.

4 Wrap the wings of the holder around your underwear and close the button underneath.

5 It is ready to use. Check regularly to see if the pad needs changing.

9 Store your pads in a dry place, privately in the container provided until your next monthly period.

8 Use clean water and soap to wash your pads thoroughly. Rinse with clean water. Dry the pads in the sun.

7 If you can, soak the pads in cold water with soap for 15 minutes. This helps the blood come out.

6 Slide the dirty pad out of the holder and put a clean one in. If you cannot wash the pad immediately, roll the used pad and put it in the bag.

How to keep healthy

during your monthly period

Always use clean cloth or pads and change them regularly. Using unclean cloth or pads and leaving them for too long can cause infections or itching in your vagina.



Ensure that you change your pad or cloth at least every eight hours, depending on how heavy your flow of blood is.

Wash your hands after changing your pad or cloth to stop the spread of germs which cause infection.

Keep yourself clean during your periods by washing with soap and water regularly.

Stomach pains are normal before or during your period. To help the pain, do some exercise, stretch or put a warm cloth on your lower back.

Don't be scared or embarrassed to talk to other women or girls who you feel comfortable with (mother, aunt, sister, older women in the community, or school matron).

