Poor menstrual hygiene not only affects physical health, but also social and mental well-being. UNESCO estimates that 1 in 10 African adolescent girls miss school during menses and eventually drop out. In Bangladesh, garment workers miss work for an average of 6 unpaid days per month due to vaginal infections. The average North American woman will use and throw away about 13,000 tampons and pads in her lifetime.

A lack of adequate MHM denies women and girls their right to education, right to health, and right to work in favourable conditions.

Clean and private toilets with water and soap are available at school, at the workplace, in institutions, at public toilets and at home. Factual information and education about menstrual hygiene is provided in schools, via health workers and doctors, via the media, and at home, too!

Hygienic sanitary products are easily accessible and affordable. Used materials are safely disposed of.

Menstruation is considered normal. Taboos and stigmas no longer exist.

In Kenya, menstruating women are not allowed to touch or milk cows for fear that the cows will get sick or die. In some parts of Bangladesh, girls are confined indoors upon their first menstruation. In parts of Nepal, this happens every time a woman or girl menstruates.

Commercial tampons and pads can contain harsh chemicals including pesticides and dioxin, a serious environmental pollutant. In landfills, these substances can leach into the groundwater, causing pollution and health concerns.

Many women and girls use unsanitary materials, such as old rags, dried leaves, grass, cloth, sand, newspaper or socks, because they do not have access to affordable, hygienic and safe products and facilities.

Learn more: www.menstrualhygieneday.org Get the facts: http://menstrualhygieneday.org/facts-about-menstrual-hygiene

What can we do?

TALK!

BREAK THE SILENCE AT HOME, WORK, SCHOOL, OR THE WORKPLACE.

SUPPORT!

THE WOMEN AND GIRLS IN YOUR LIFE.

CELEBRATE!

MENSTRUAL HYGIENE DAY IS EVERY DAY.