If women and girls lack access to affordable, hygienic menstrual products, they often use old rags, cloths or other unhygienic materials. This can lead to reproductive tract infections (RTIs) and other health conditions.

Integrate menstrual hygiene management into sexual and reproductive health education programmes, especially for adolescents.

Ensure that all women and girls have access to water and sanitation facilities that are safe, socially and culturally acceptable and allow for the safe disposal of menstrual products.

Promote sustainable, environmentally friendly menstrual products and their disposal.

Workers in Bangladesh use birthcontrol pills to stop their menstruation, so that they can avoid having to stop work or having to manage their menstruation in inadequate facilities.

Taboos and myths related to menstruation often portray women and girls as inferior to men and boys.

Research from Ethiopia shows that 25% of girls in both rural and urban settings do not use any commercial menstrual products.

Commercial products are often subject to sales and import taxes, making them unaffordable to many poorer women and girls.

Workers in Bangladesh use birthcontrol pills to stop their menstruation, so that they can avoid having to stop work or having to manage their menstruation in inadequate facilities.

Ensure that employers provide adequate sanitation facilities at the workplace, including water and soap for washing, as well as options for the disposal of menstrual products. Menstruation should not limit a woman’s ability to work.

Encourage policies and quality standards that promote safe and affordable options and dynamic markets for menstrual products.

Make Menstruation Matter to the SDGs, to your country and your programmes!

Make Menstrual Hygiene Day 28 May

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