

MENSTRUAL HYGIENE

HYGIENE

- If available, take a shower or bath at least once a day.



- If a shower or bath is unavailable, wash the outside of your genitals with a small amount of soap and water.
- Try to use an unscented soap and a soft cloth when cleaning yourself.
- Wash your hands well every time after you use the bathroom or change menstrual product.

HOW TO MANAGE YOUR PERIOD

- Change your pad, tampon or menstrual cup 3 to 6 times a day.
- Do NOT go over 8 hours with the same tampon; this will help reduce the chances of getting Toxic Shock Syndrome.
- Make sure all disposable menstrual products are thrown away in the trash.

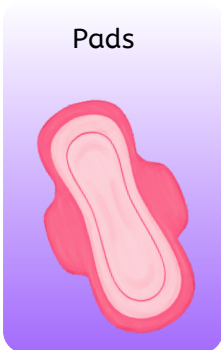
HELPFUL TIPS

- Try your best to eat a balance diet during your menstrual cycle.
- Exercise if you feel up to it!
- Make sure you are drinking water!
- If you are in pain, talk to an adult!

THE RIGHT PERIOD PROTECTION FOR YOU

External Products

Pads



Period Underwear

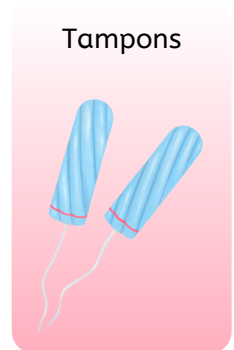


Internal Products

Menstrual Cup



Tampons



Scan me for more information!

