





- Menstruation is the vaginal bleeding that a woman undergoes every month.
- It is a normal physiological process that prepares the body to conceive.
- It starts usually from 9-15 years of age and stops at 45-55 years of age.
- It usually happens for the duration of 3-7 days every month.

## WHAT SHOULD BE USED DURING MENSTRUATION?

Use sanitary pad or clean cotton cloth to absorb blood



Wash the cloth with soap and dry in the sun before every use



## HOW TO MAINTAIN CLEANLINESS DURING MENSTRUATION?



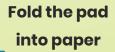




- **Solution** Bathe daily and wear clean cloths
- Wash hands every time after changing sanitary pad or cloth

## **HOW TO DISPOSE OFF SANITARY PAD?**







Throw it in the dustbin or bury down in the pit