

# MENSTRUAL HYGIENE MANAGEMENT

- ✓ 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?



- ✓ Bathe daily and wear clean cloths
- ✓ Change sanitary pad/cloth atleast 3-4 times in a day
- ✓ Wash hands every time after changing sanitary pad or cloth

## HOW TO DISPOSE OFF SANITARY PAD?



Fold the pad  
into paper



Throw it in the dustbin or bury  
down in the pit

For more information, contact Self Help Group member of your area.