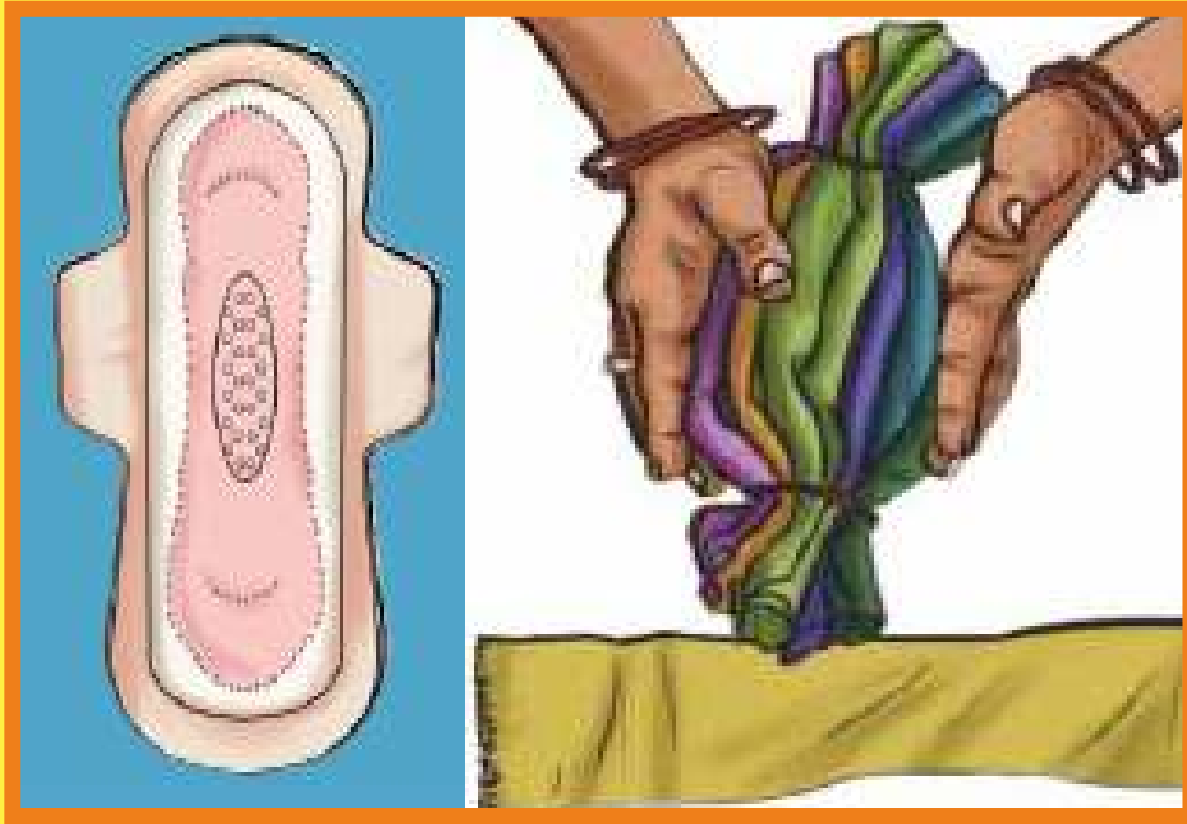


# MENSTRUAL HYGIENE MANAGEMENT

## ADOPT PROPER HYGIENE PRACTICES DURING MENSTRUATION TO MAKE IT EASIER

Menstruation is a normal physiological process that prepares body to conceive.

### What should be used during menstruation?



Use sanitary pad or clean cotton cloth to absorb blood

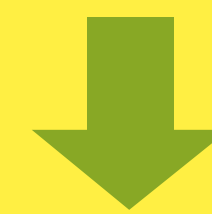


Wash the cloth with soap and dry in the sun before every use

### How to dispose off sanitary pad?



Fold the used sanitary pad in a paper



Throw it in the dustbin or bury down in the pit

## WHAT HYGIENIC PRACTICES TO BE ADOPTED DURING MENSTRUATION?



Wash your hands thoroughly with soap after changing sanitary pad/cloth every time



Bathe daily and wear clean clothes



Change sanitary pad/cloth at least 3-4 times in a day

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