

Staying Healthy During Your Period



Stay Clean

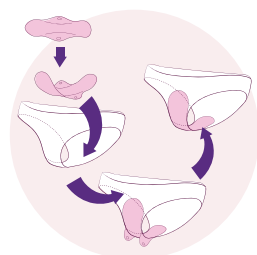
Bathe daily and wear a clean panty during your period.



Use Clean Clothes or Sanitary Pads

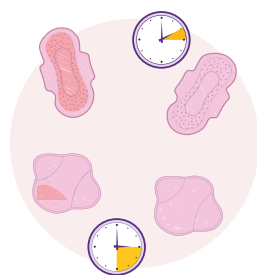
If using a cloth be sure they are washed thoroughly and hung in a sunny place to dry.

DO NOT share with others.



Wear Darker Clothing

Wear dark clothing (where necessary) during your period and change frequently to avoid getting stained. If you do get stained, do not feel ashamed, try and cover the stain by wrapping a jacket around your waist or bringing a change of clothes.



Change Cloth or Sanitary Pads

Every 2 - 4 hrs Pad; Every 3 - 4 hrs/Towel

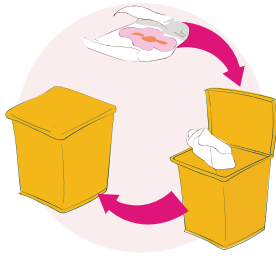
You need to change your pads or napkins regularly to prevent infections. Napkins or reusable pads should only be used when clean and dry.

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Dispose of the Used Pads Right

Wrap your used sanitary pads in a paper or tissue and throw into a bin.



Be Prepared

You should always carry emergency pads.

Periods may start at school. Keep a record of your period dates on a calendar, this way you will be able to carry out school activities normally.



Exercise and Stretch

Both activities can provide relief for cramps.



Eat Right

The idea that certain foods should not be eaten at this time is a myth. It is necessary to eat iron rich food to compensate for the blood loss and prevent anaemia. Eating fruits and vegetables is also recommended.



Use Pain Relievers to Lessen Pain

Some experience cramps that are more severe than others. Seek medical advice in case of excessive bleeding (heavy bleeding or prolonged bleeding duration) and in case of excessive pain.

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