

BASIC FACTS ABOUT MENSTRUATION

Adolescence	The transitional period between childhood and adulthood.
Adolescent girls	Girls aged 10 to 19 are adolescents.
Menarche	The first occurrence of menstruation
Menopause	The time in a woman's life when her menstrual periods stop and she is no longer able to have children
Menstruation; monthly periods'	A biological process in a woman where each month blood and other material is discharged from the lining of the uterus. Menstruation occurs from the onset of puberty until the menopause, except during pregnancy.
Menstrual Hygiene Management (MHM); menstrual	The (i) articulation, awareness, information and confidence to manage menstruation with safety and dignity using safe hygienic materials together with (ii) adequate water and agents and spaces for washing and bathing with soap and (iii) disposal of used menstrual absorbents with privacy and dignity.
Menstrual absorbent	A sanitary cloth, napkin, towel or pad is an absorbent item worn by an adolescent girl or woman when she is menstruating, or directly after birth while she is bleeding. The material absorbs the flow of blood from her vagina.
Menstrual waste	Includes a used sanitary cloth, napkin, towel or pad that contains blood.
Bio-degradable; compostable, organic materials	A substance or object that is capable of being decomposed by bacteria or other living organisms and thereby avoiding pollution.



HOW GIRLS AND WOMEN CAN KEEP THEMSELVES HEALTHY DURING MENSTRUATION



A guide for every girl and woman

WHAT I NEED TO DO DURING MY PERIODS

1. What is Menstruation?

Menstruation is a natural, normal biological process experienced by all adolescent girls and women. It is a key sign of reproductive health in girls and women which involves a biological process in a girl and woman where each month blood and other material is discharged from the lining of the uterus. Menstruation occurs from the onset of puberty until the menopause, except during pregnancy.

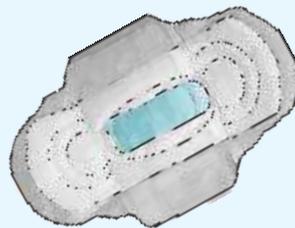


2. How do I manage my first period?

- Before your period starts, discuss it with other trusted females like your mother, sister, aunt, grandmother, female friend or an older woman in your community.
- Don't be afraid when your period starts, although it can be scary to see blood on your underwear. It is perfectly normal and natural.
- When your period starts, discuss it with other females like your mother, sister, aunt, grandmother, female friend or an older woman in your community.
- If you are at school, tell your school matron, a female teacher or a fellow student.
- Generally, feel proud and not ashamed! Your body is developing into that of a young woman.

3. How do I capture blood during my period?

- Place a clean cloth, clean pad, clean cotton or clean tissue paper inside your underwear.
- Never insert any material inside your vagina. This can be harmful and can cause infections.
- Change the cloth, pad, cotton or tissue paper every two to six hours or more frequently if you think that the blood flow is getting heavy.



4. How do I dispose my used cloth, pad, cotton or tissue paper?

- If you are going to re-use a cloth, put it into a cellophane bag until you can soak and wash it with hot water and soap. After washing, dry it in the sun or iron it dry.
- If you are using a pad, tissue paper or cotton, or want to dispose of your cloth, wrap it in a paper to make a clean package and put it in the bin so it can be burned later.



5. How do I keep myself clean during my period?

- Wash your genitals every day (morning and evening) with soap and clean water.
- After cleaning, pat your genitals dry with a clean cloth and wear a fresh cloth, pad, cotton or tissue paper in your underwear.
- Keep unused cloths, pads or cotton clean by wrapping them properly in tissue paper or cellophane bags for further use.
- Always wipe your genitals from front to back after defecation.
- Never douche (i.e. deeply washing the inside of your vagina out with water)



6. I always have menstrual cramp pains during my periods. How do I reduce the pains?

- You can place a rubber bottle filled with hot water on your stomach area when you are resting.
- Try to do some exercises and keep your body active.
- You can take painkiller medicines every four to six hours on the most painful days.
- Ensure you eat healthily during your periods. Don't be too hungry or too full because you may become sick and nauseous. Keep yourself hydrated with liquids but avoid surgery or carbonated drinks as this may cause bloating. Eat a lot of foods that contain iron including vegetables, nuts, fruits and whole grains (like rice).

