

Tips for your monthly period



Disposable pads

Your period is when blood flows from your vagina.



This normally happens every month (around every 28 days).

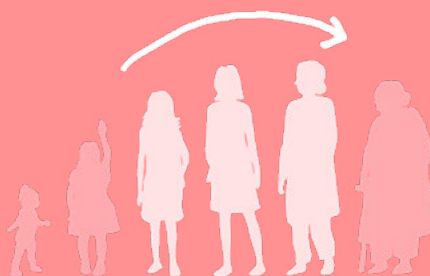


The bleeding normally lasts for between **2 to 7 days**. Getting your period is **normal and healthy**.



Girls normally get their first period between **10 and 15 years** of age. In the beginning it might not come every month.

This is normal.



Around **45 or 50 years** of age, women will normally stop getting their period.



If your period does not come one month, this might mean that you are pregnant. Visit your local health clinic or community health worker.



International Federation
of Red Cross and Red Crescent Societies
www.ifrc.org Saving lives, changing minds.



What is inside your body?

The female reproductive system

Ovary: where a woman's eggs are stored.

Egg: one leaves the ovary each month. If an egg comes together with sperm from a man it may grow into a baby.

Uterus: where a baby grows.



Uterus wall: a layer on the edge of the uterus builds up each month. If you are not pregnant this becomes your period blood.

Vagina: opening (or hole) where blood from your period and babies leave the uterus.

7

Do not throw pads into the latrine.

Put the used pad into a **rubbish pit or bin**. If you need to, use the bucket or pouch to store used pads.



6

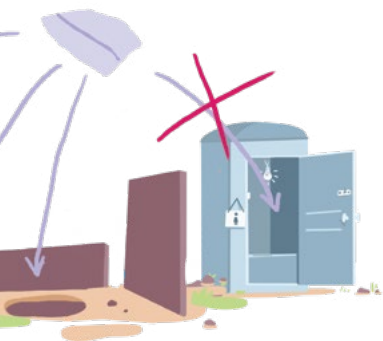
When you need to **change the pad**, take it out and **fold it up in the wrapper** or put it inside another bag.



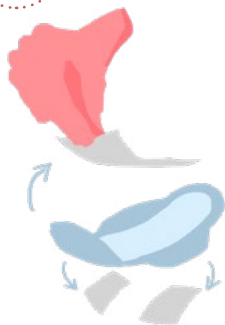
Use and disposal of your pads



Peel off the paper from the back
of the pad (and the wings).



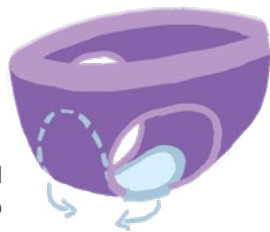
1



Put the pad in your underwear
with the sticky side down.

2

If your pad has wings, **fold**
them under to help keep
the pad in place.



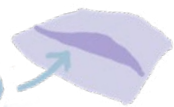
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The pad is ready to use.

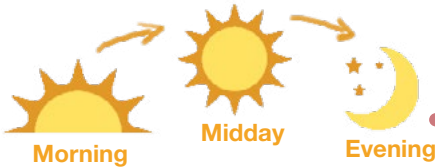
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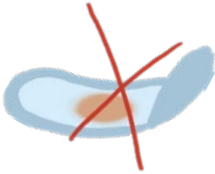
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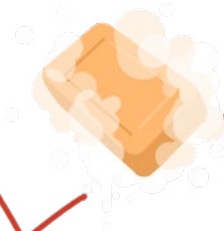
How to keep healthy during your monthly periods



Make sure you change your pad regularly.



Always use clean and dry pads. Using dirty or damp (wet) pads can cause itching or an infection in your vagina.



Wash your hands with soap and water after changing your pad. Keep yourself clean during periods by washing regularly.



Never share pads with someone else. Sharing things that might have blood on them can spread infection.



Talk to someone you trust about your period and how to stay healthy. Don't be scared or embarrassed - getting your period is normal and healthy!



Many women and girls have pain in their stomach or back before or during their period. To help the pain, you can stretch, or put a bottle filled with warm water or a warm cloth on your lower back or stomach. Talk to someone you trust about the ways women in your community manage the pain.