

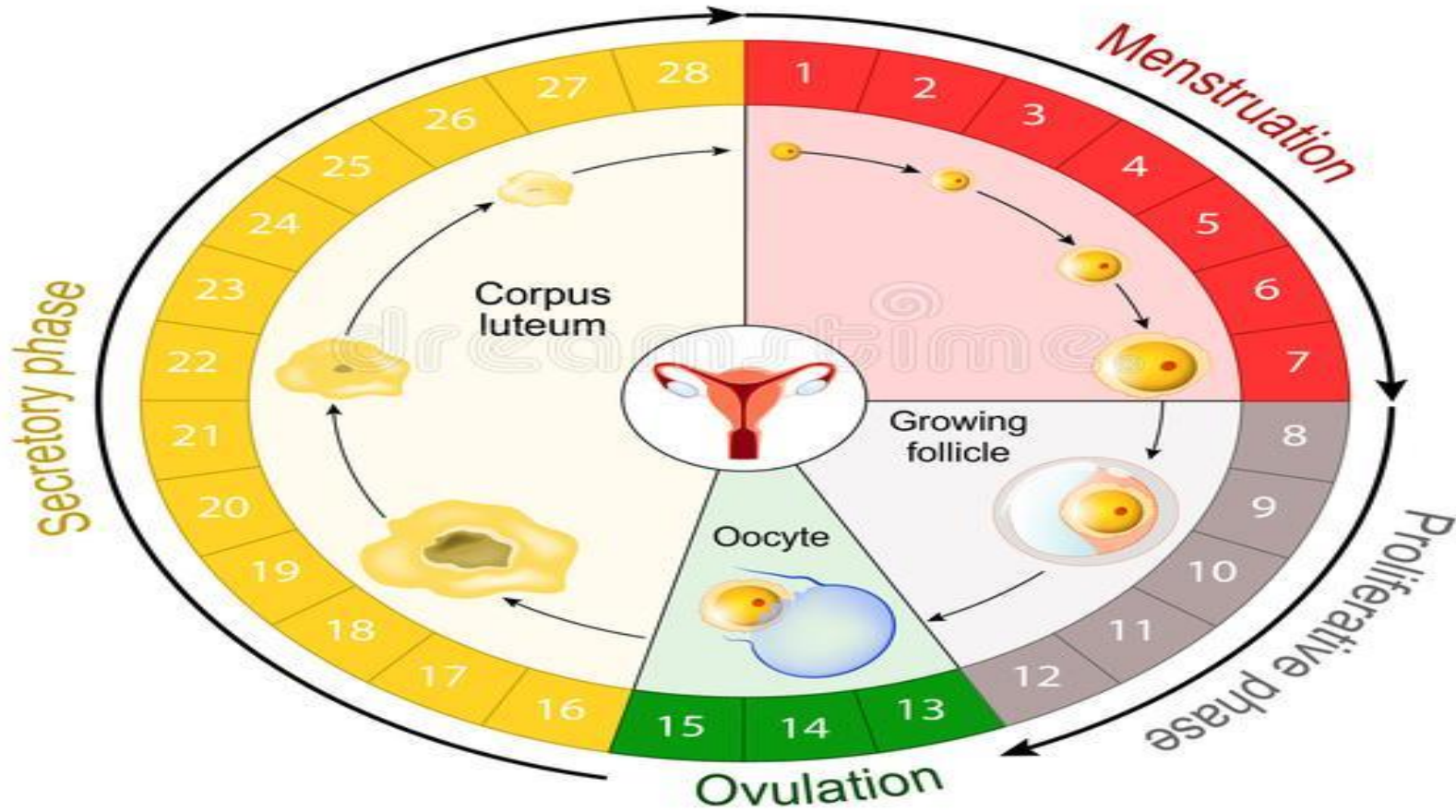
Menstrual hygiene management

Why a taboo?

- 50% of the worlds population are menstruators
- ? Unclean blood
- ? Impure



Menstrual cycle



Normal menstrual cycle

- 24-35days
- 3-7 days
- 20-80ml

Problems during menstruation:



Abdominal
pain



Bleedings



Urinary
disorders



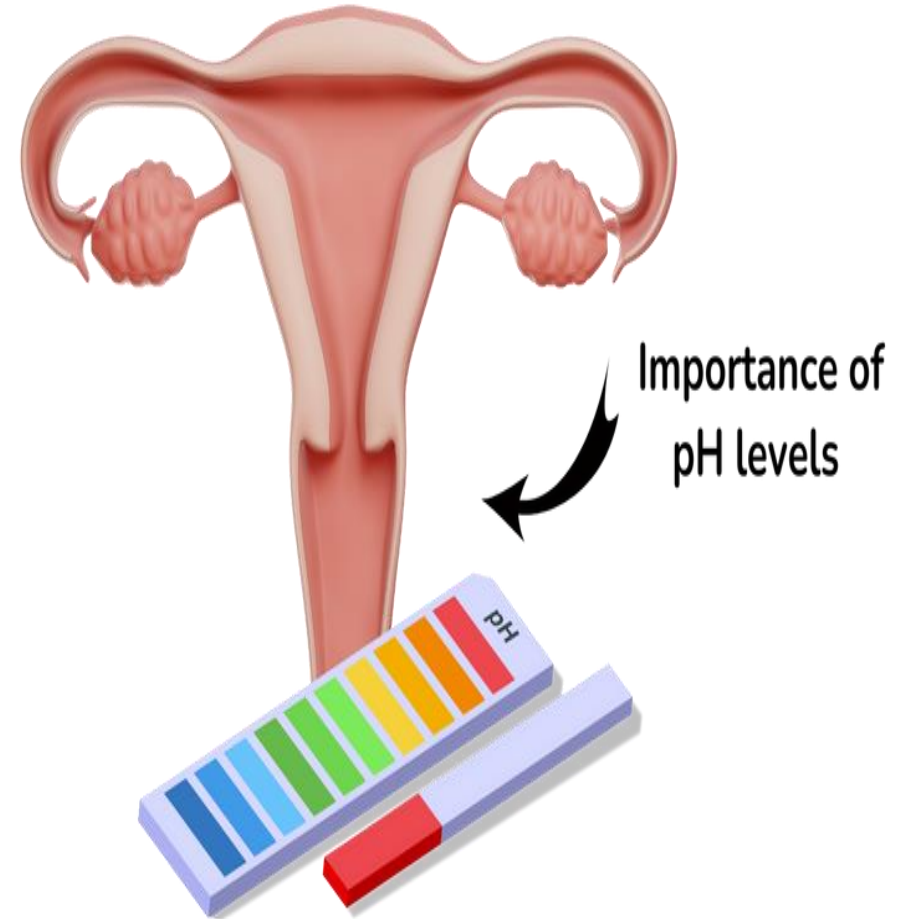
Nausea or
vomiting

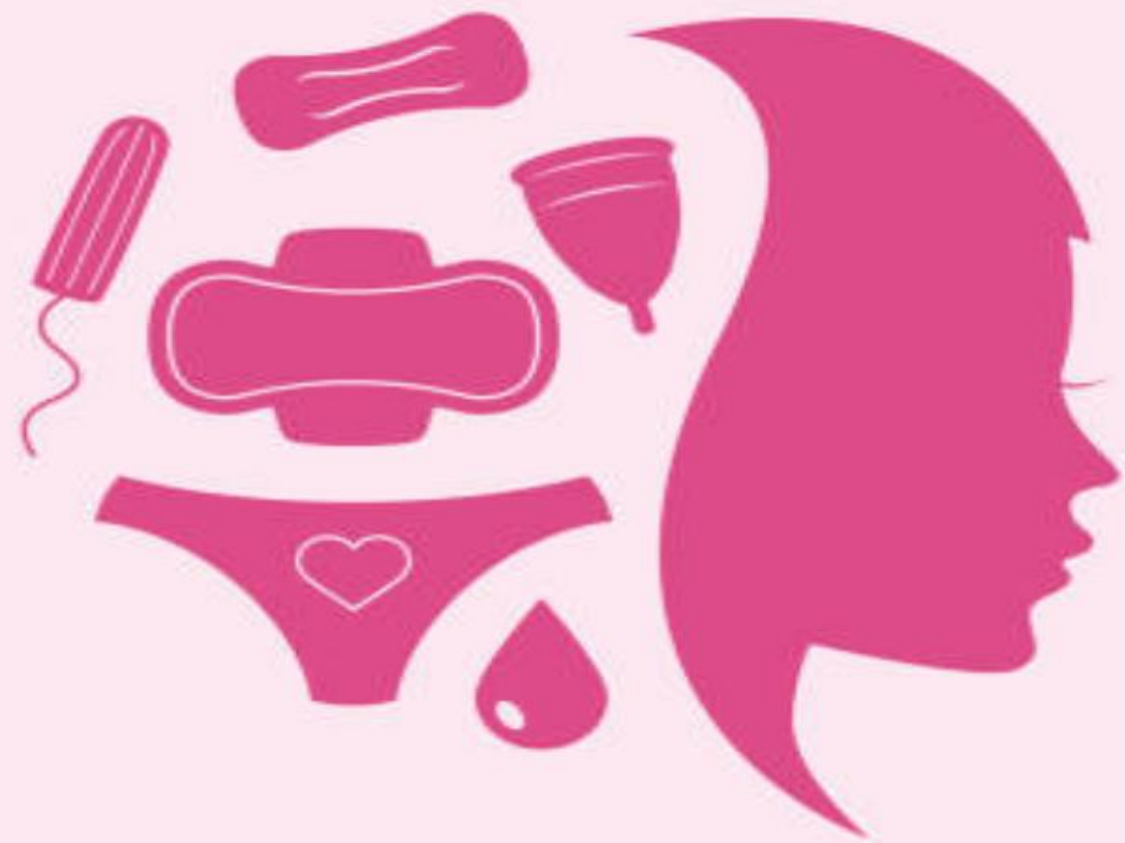


Fever

Causes of infection during menstruation:

- Ph
- Wetness
- Open os





**MENSTRUAL
HYGIENE DAY
MAY 28**

How to maintain hygiene ?

- Change clothes
- Wash/dry intimates



Change pad at least 6 hourly



No douching



Hand hygiene



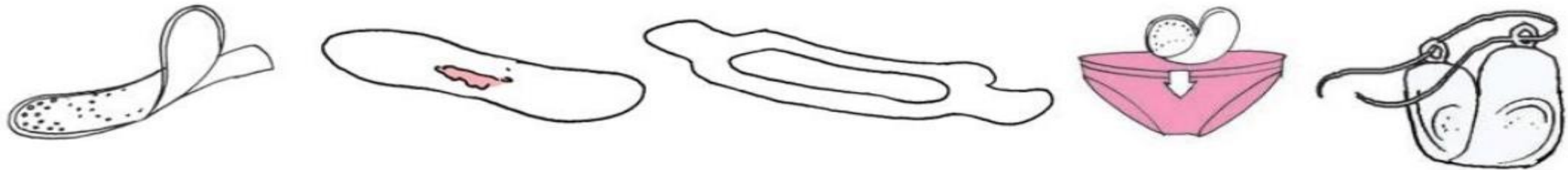
Materials:

- Homemade
- Store bought: reusable/ disposable



Sanitary napkin :

- It is an easily available option
- Disposable
- Easy to use
- Stays dry so less skin infections
- Can be used by women of all age groups



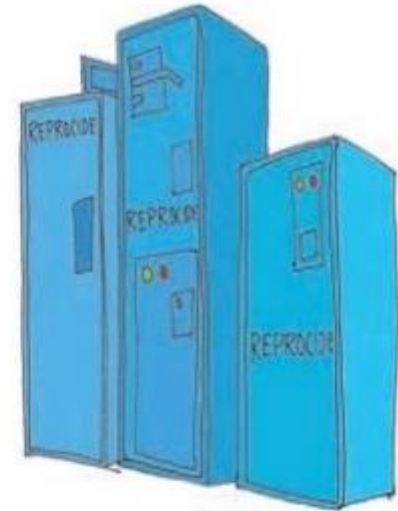
- Once wet, the napkin should be changed immediately. If not it can cause irritation on the inside of the thighs and can lead to infections.
- Sanitary napkins should be kept in a clean and dry place.
- It is essential to wash the body and private parts daily.
- During menstruation, the outer genitals should be washed from time-to-time to remove any blood that is left. Girls should wash their hands every time they change the napkin.
- If the underwear is soiled, it must be changed. Otherwise this makes bacteria to grow and cause infection.
- If sanitary napkins are not available, a clean cloth pad should be used.

If cloth is used:



Disposal:

- Dustbin
- Deep pit
- Burn



Infections:

- Fungal
- Local
- STDs
- PID
- TSS

WASH in Schools



Drinking Water

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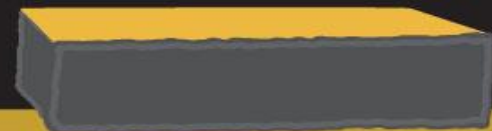


Sanitation

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Hygiene



Menstrual hygiene during emergencies:

- Hygiene Kits
- Gender based toilet facilities



Menstrual hygiene for disabled

- Social support
- Education at early age
- Availability of sanitary products at all time
- Access to safe, private, reliable infrastructure