



# MENSTRUAL CYCLE

Menstrual  
HYGIENE  
♥ is a ♥  
NECESSITY  
✗ not a ✗  
LUXURY

## RESOURCES:

Planned Parenthood - offers more education and products to those who qualify.

Agirlsguide.org - offers videos and teaching about menstruation.

Hope Healthy Optimal Periods for Everyone - good website that offers much education and answers common questions





# HOW TO USE A PAD

1. Remove the pad from the outer wrapping.
2. Open underwear so the crotch part is visible.
3. Take the long strip down the middle of the pad that covers the adhesive off.
4. Place the pad in the crotch area and ensure it sticks down and stays in place.
5. If the pad has two additional strips on either side of the pad, take those off and wrap them around the sides of the underwear.

# HOW TO USE A TAMPON

1. Take the tampon out of the packaging.
2. Hold the tampon so the strings are facing down
3. Use one hand to hold the skin (labia) apart.
4. Carefully insert the tampon into the vagina. Pointing it towards your back.
5. While still holding the plastic covering, push the applicator until it is fully inserted and remove the covering and throw in the trash.



# WHAT IS A PERIOD OR MENSTRUATION?

A period or menstruation is the uterine lining shedding, causing blood and mucosal tissue to discharge through the vagina. During the time of this discharge, hormone levels rise and fall.

# FUN FACTS ABOUT MENSTRUATION

- Females usually start menstruation during the ages between 8-16 years old.
- The vagina self-cleans by discharge, usually transparent or slightly white in color.
- Any foul-smelling odors, discolored discharge (green, yellow, white), or changes in the discharge consistency may indicate infection.
- Menstruation usually stops around the age of 50 and is called menopause.
- One menstrual cycle can last between 3-7 days. You can use a calender to keep track!
- Regular periods usually happen at the same time of the month.
- Keeping track of your period can allow you to predict when it will come and for how many days you will be menstruating.

# PROPER HYGIENE DURING MENSTRUATION

- Hand hygiene before and after using menstrual products
- Do not flush products in the toilet. wrap them in toilet paper and then discard them in the trash.
- Change sanitary pads frequently, even if they are partially soiled. The recommended time is usually after 6 hours or as needed.
- Tampons should only be kept for 6-8 hours to prevent toxic shock. Toxic shock can occur when a tampon is kept in the vagina for too long and causes a bacterial infection. This can be life-threatening but avoided if a tampon is changed within an appropriate time frame.
- Wash the outside of the vagina daily with only water.
- When using the bathroom it is important to wipe front to back

