



FEMININE HYGIENE

1. Wipe yourself front to back after using the bathroom to avoid infection

Bacteria can travel from the anus into the vagina. Make sure you clean/wipe your genital area when changing your pad to prevent blood from drying and crusting, which increases chances of infection.

2. Change your pad every 6 hours

Bacteria from blood and sweat that collect on the pad can cause infection and rashes if pads are not changed regularly. The first two days you will bleed more heavily so change your pad more often.

3. All women around the world get their periods

Most girls get their period at age 13, but some girls get it as early as age 9.

4. Always carry your pad in a clean pouch/plastic bag

Pads that are not in a clean pouch can collect bacteria from the environment.

5. Clean your pads after using them

When you get home, wash all the blood off your pad with water and dry it in the sun to kill the bacteria.



PERIOD FACTS

The uterus is an organ in a woman's abdomen where a baby grows during pregnancy. When the female body matures, women begin their menstrual cycle. Once a girl gets her period, she can become pregnant if she has sex.

About once a month the uterus grows a new lining to prepare for a fertilized egg. If the egg is not fertilized, the uterus sheds its lining. Bleeding can last around 5-8 days.

All women get their periods – it is a natural and healthy process. A woman will get her period unless she is pregnant. When a baby is growing inside the uterus, the lining does not shed and the woman will not experience her period during this time. She will get her period again after she gives birth. Women will stop getting their periods completely around the age of 50 when they enter menopause.

Common side effects during a menstrual cycle include: Pain in the lower abdomen especially during the first couple of days, bloating, breasts may become bigger or tender, changes in mood.