

Being a woman

Tips for your monthly period



Tampons

About your period

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.

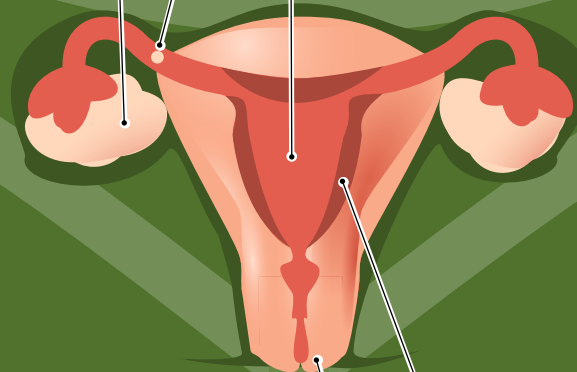
What is inside your body?

The female reproductive system

Ovary: where a woman's eggs are stored

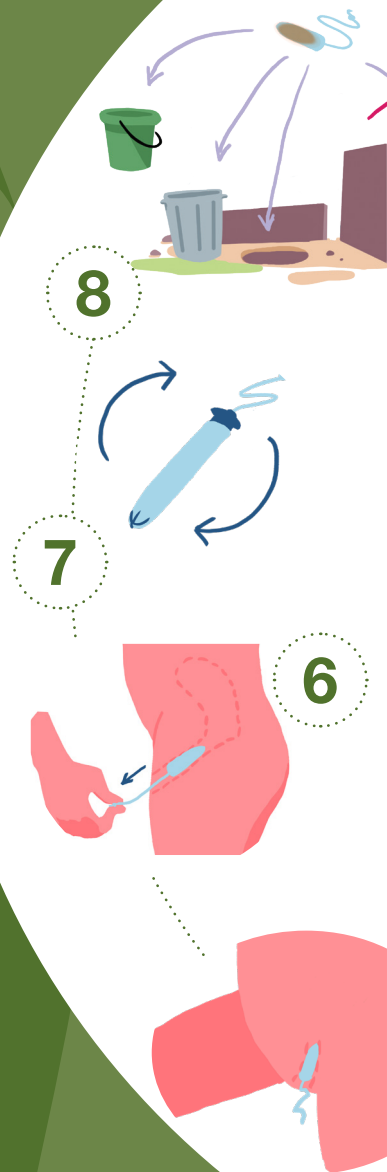
Egg: one leaves the ovary each month. If an egg comes together with sperm from a man it may grow into a baby

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



Use and disposal of your tampons



Put the used tampon into the **rubbish bin**, pit or incinerator. **Do not throw pads into the latrine.**

Change your tampon at least 3 times a day.

Pull down on the string to take the tampon out.

Make sure **the string is always outside the vagina**. If you can feel the tampon, you have not pushed it far enough inside your vagina.

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Wash your hands with soap (before and after changing a tampon).

2

Unwrap the tampon. **If the wrapper is broken**, use another one.

Sit or squat in a comfortable position.

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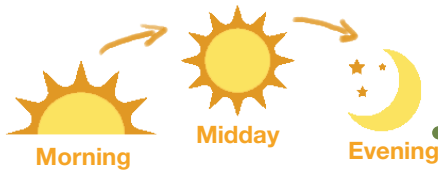
Use one finger to **gently push the tampon** (or applicator) into your vagina, towards your lower back. If you are using an applicator; push the inside tube all the way in.

Put the end of the tampon at the opening of your vagina. **The string should be away from your body.**

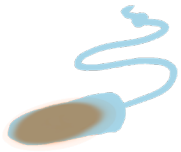
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How to keep healthy during your monthly periods



Change your tampon at least 3 times a day. Do not use a tampon for longer than 8 hours.



Always use a clean and dry tampon. Using dirty tampons or wearing the same tampon for more than 8 hours increases the chance of getting a serious illness called Toxic Shock Syndrome.



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



Never share tampons, pads or cloth 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. Do not 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.