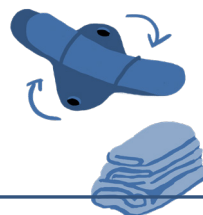


Being a woman

Tips for your monthly period



Reusable pads

About your period

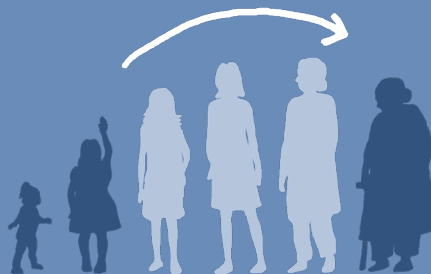
Your period is
when blood flows from your vagina.

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

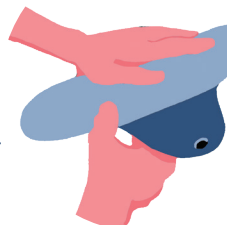
Uterus: where a baby grows

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

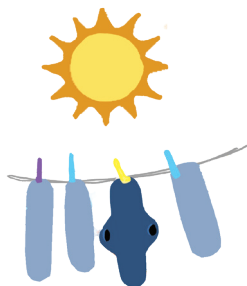
Vagina: opening (or hole) where blood from your period and babies leave the uterus



8



7



Use clean water and soap to wash your pads.
Rinse with clean water.

6



Use and care of your reusable pad

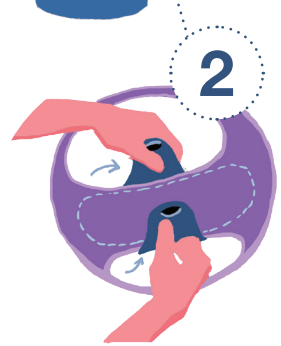
Use the washed, dry pads again.

Dry the pads in the sun.

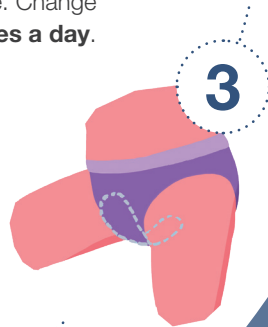
Before using the pads for the first time, **wash them with soap and water and dry in the sun.** This will make them soak up more blood.



Wrap the wings of the pad around the underwear and button underneath. **Make sure the soft side is up.**

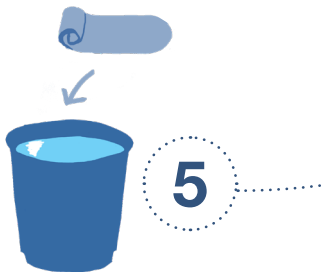


The pad is ready to use. Change your pad **at least 3 times a day.**

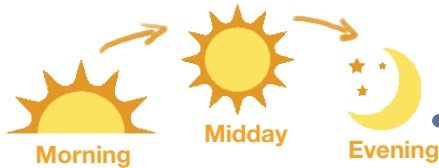


Soak the dirty pad in cold water for 15 minutes. This makes it easier to wash the blood out.

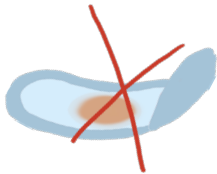
Use the pouch to store the dirty pad if you cannot wash it straight away.



How to keep healthy during your monthly periods



Make sure you change your pad or cloth regularly.



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



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



Never share 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.