



MENSTRUAL HEALTH



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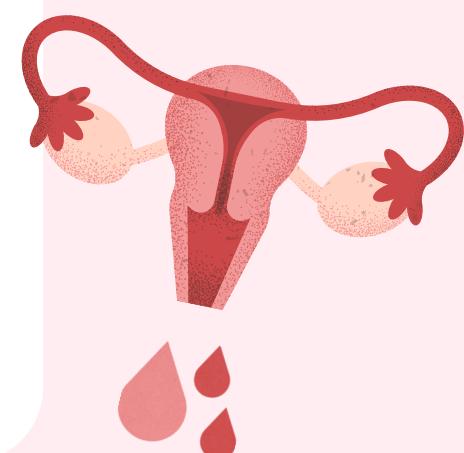


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WHAT IS MENSTRUATION?



- It is a vaginal bleeding that occurs monthly.
- The body gets ready for pregnancy by making the lining of the uterus thicker, so it can support a baby if one starts to grow.
- When pregnancy does not happen, the thickened lining is shed, and results in bleeding for 3-7 days.



MYTHS

- Menstruation is dirty.
- Menstruation is painful.
- It is not good to take medication while on your period.
- Exercise is not beneficial during periods.
- Periods should not be openly discussed.



MENSTRUAL CRAMPS



HYGIENE TIPS

- Wash hands before and after changing pads.
- Change pads/tampons every few hours.
- Wear lightweight/cotton underwear.
- Keep your genital area clean.



MAINTAINING REUSABLE PADS

- Wash the pad in cold or lukewarm water with soap, not fabric softener. Then air-dry in direct sunlight.
- If the pad is heavily stained - Soak it in water with salt before washing and drying it.



ENVIRONMENTAL IMPACT

Disposable menstrual products cause significant environmental challenges including large generation of waste and plastic pollution. We encourage the use of reusable menstrual products to protect our planet.

