



Do you know the Facts about menstrual hygiene and management? Check your knowledge:

T or F

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| <p>1 MENSTRUATION HAPPENS FOR MOST WOMEN ABOUT ONCE A MONTH.</p> <p>2 STOMACH CRAMPS ARE THE PRIMARY SIGN OF MENSTRUATION.</p> <p>3 YOU SHOULD REFRAIN FROM ANY FORM OF EXERCISE DURING YOUR PERIOD.</p> <p>4 YOU SHOULD CHANGE YOUR CLOTH OR SANITARY PAD EVERY 2 – 6 HOURS.</p> <p>5 CARRYING A SUPPLY OF CLOTH OR SANITARY PADS WITH YOU IS GOOD PREPARATION FOR EMERGENCIES.</p> <p>6 PAIN RELIEVERS, A HOT BATH, OR A HEAT COMPRESS CAN HELP EASE PAIN FROM CRAMPS.</p> | <p>7 THERE IS NO SENSE IN PREPARING FOR YOUR PERIOD – YOU NEVER KNOW WHEN IT WILL COME.</p> <p>8 THE IDEA THAT CERTAIN FOODS SHOULD NOT BE EATEN AT THIS TIME IS A MYTH.</p> <p>9 PADS CAN BE SAFELY DISPOSED OF IN THE GARBAGE PILE OR FLUSHED DOWN THE TOILET.</p> <p>10 REUSABLE NAPKINS CAN BE USED INDEFINITELY.</p> |
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True or False? ANSWERS:

1 T, 2 F, 3 F, 4 T, 5 F, 6 T, 7 F, 8 T, 9 F, 10 F

Talk to a health care provider you trust at your workplace or in your community

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