



Stay healthy during your period.

HOW?

- ✓ **STAY CLEAN.** *Bathe daily during your period.*
- ✓ **USE CLEAN CLOTH OR SANITARY PADS.** *If using cloth, be sure they are washed thoroughly and hung in a sunny place to dry. They should not be shared with others.*
- ✓ **CHANGE CLOTH OR SANITARY PADS EVERY 2-6 HOURS.** *Women need to change their napkins regularly during the period of menstruation to prevent infections.*
- ✓ **WEAR DARKER COLORED CLOTHING.** *During menstruation, you may bleed through your clothes. Consider wearing to dark clothes on days when you're expecting your period or when your flow is at its heaviest in order to prepare and avoid embarrassment.*
- ✓ **USE PAIN RELIEVERS, A HOT BATH, OR A HEAT COMPRESS TO LESSEN PAIN.** *Some women get cramps that are more severe than others.*
- ✓ **EXERCISE AND STRETCH.** *Both activities can also provide relief for cramps.*
- ✓ **BE PREPARED.** *Periods may start at work. If you carry emergency pads or alternative and pain relief, then regular work activities can continue.*
- ✓ **EAT RIGHT.** *The idea that certain foods should not be eaten at this time is a myth. It is necessary to eat iron rich foods to compensate for the blood loss and prevent anemia. Eating fruits or vegetables is also recommended. Try to avoid consuming caffeine and salt.*

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

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