

MENSTRUAL HYGIENE DAY

**TRY
ME!**



MENSTRUAL HYGIENE TIPS

1. WASH REGULARLY

- Always wash hands before and after using the restroom or menstrual hygiene products.

2. DISPOSE PROPERLY

- Wrap used products in toilet paper and dispose in bin.

3. CHANGE FREQUENTLY

- Change your pad every three to four hours, regardless of your flow type.
- Change your tampon every four to six hours and use the lowest-absorbency tampon required.
- Clean menstrual cups every day after use and sanitise after each period.

4. TAKE EXTRA CARE

- Speak to your doctor if you notice any irregularities.

REFERENCE LINK:

- <https://www.cdc.gov/hygiene/personal-hygiene/menstrual.html>

