

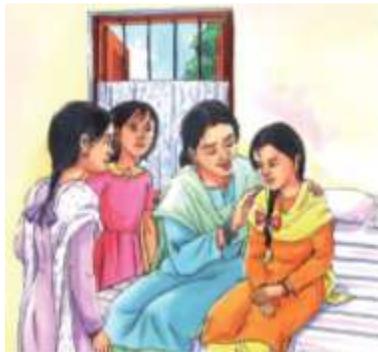
# MENSTRUAL HYGIENE & SANITATION

## Menstruation

- ❖ Menstruation is a normal process which symbolizes proper growth & development of girls.
- ❖ There is nothing wrong in it nor is it a disease. Therefore girls should not feel shy about it.
- ❖ By adopting clean and right menstrual practices, girls can manage to do all the activities which they generally do on other regular days.



## Diet & Rest during Menstruation



- ❖ During menstruation, one should continue to have balanced diet including fruits, vegetables, pulses, milk and milk products etc.
- ❖ Take iron rich food as much as possible which protects against iron deficiency anaemia.
- ❖ Rest and sound sleep during menstruation keeps one fresh and reduces lethargy.
- ❖ Some of the girls can experience pain during menstruation which is normal.

## Role of AWW

- ❖ Provide health education to girls and women on menstruation and menstrual hygiene.
- ❖ Organize monthly meetings on a fixed day for adolescent girls to discuss their problems and offer solutions.
- ❖ Conduct home visits for girls who do not attend monthly meetings regularly.
- ❖ Ensure regular refill and supply of sanitary napkins to the village from the Sub-Centre.
- ❖ Promote the use of sanitary products among adolescent girls.
- ❖ Facilitate the access of freedays to the adolescent girls.

## Correct & Important Five Menstrual Practices

During menstruation it is very important to keep one clean and protected from infections.



**Bath daily and keep private parts clean:** It is necessary to bath daily and keep vaginal area clean by washing it with clean water several times a day.

**Use Sanitary napkin or freedays:** Sanitary napkin like freedays is a hygienic selection. This need not be washed and dried and keep girls tension free, at ease and also reduces the chances of infection.



**Change sanitary napkin/cloth regularly:** Change napkins or clean cloth at regular interval of time as usage of napkin/cloth for longer duration reduces its capacity to absorb and leads to dampness and may also result in spotting.

**Proper disposal of used sanitary napkin:** Sanitary napkin should be either burnt or disposed after wrapping in paper. This keeps the environment clean and reduces the spreading of germs.



**Wash hands with soap:** After using or changing sanitary napkin/cloth, one should always wash their hands with soap as unclean hands are one of the major sources of infection.