



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

T or F

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

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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