



Keep yourself healthy during your Period!

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*How can **WOMEN WORKERS** keep themselves healthy during menstruation?*

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*Learn what to do for **YOUR PERIOD**
and how to feel better:*

- EAT THE RIGHT FOODS
- USE CLEAN CLOTH OR SANITARY PADS
- CHANGE CLOTHS OR PADS EVERY 2 TO 6 HOURS
- RELIEVE PAIN BY STRETCHING, A HOT COMPRESS,
AND PAIN RELIEVERS
- DISPOSE OF WASTE PROPERLY

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

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