



Keep yourself healthy during your Period!

?

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

!

*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***

CALL: +00 123 456 789 - 00 • MAIL@HEALTHYWORKER.COM