



## *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:

- USE A CLEAN CLOTH OR SANITARY PAD
- CHANGE YOUR CLOTH OR PAD EVERY 2 TO 6 HOURS
- RELIEVE PAIN BY STRETCHING, USING A WARM COMPRESS, OR TAKING A PAIN RELIEVER
- DISPOSE OF WASTE PROPERLY
- EAT YOUR NORMALLY HEALTHY DIET

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