



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*