



## *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.                           |  |
| 5 CARRYING A SUPPLY OF CLOTH OR SANITARY PADS WITH YOU IS GOOD PREPARATION FOR EMERGENCIES. |  |
| 6 PAIN RELIEVERS, A HOT BATH, OR A WARM COMPRESS CAN HELP EASE PAIN FROM CRAMPS.            |  |

*True or False?*  
**ANSWERS:**

1 T, 2 F, 3 F, 4 T, 5 T, 6 T, 7 F, 8 T, 9 F

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