



Stay healthy during your period.

HOW?

- ✓ **STAY CLEAN.** Bathe daily during your period.
- ✓ **USE A CLEAN CLOTH OR SANITARY PAD.** If using cloth, be sure it is washed thoroughly and hung in a sunny place to dry.
- ✓ **CHANGE YOUR CLOTH OR SANITARY PAD EVERY 2-6 HOURS.** Women need to change their cloth or sanitary pad regularly to prevent infections.
- ✓ **WEAR DARKER COLORED CLOTHING.** During menstruation, you may bleed through your clothes. Consider wearing dark clothes on days when you're expecting your period or when your flow is at its heaviest in order to prepare and avoid embarrassment.
- ✓ **USE PAIN RELIEVERS, A HOT BATH, OR A WARM COMPRESS TO REDUCE PAIN.** Some women get cramps that are more severe than others. These remedies can help.
- ✓ **EXERCISE AND STRETCH.** Both activities can also provide relief for cramps.
- ✓ **BE PREPARED.** Your period may start at work. If you carry sanitary pads and a pain reliever, then regular work activities can continue.
- ✓ **EAT RIGHT.** It is a myth that certain foods should not be eaten during your period. You should eat iron rich foods to help with the blood loss and prevent anemia. Eating fruits or vegetables is also recommended. Try to avoid consuming caffeine and salt.

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