



## *Do you know the Facts about menstrual hygiene and management? **Check your knowledge:***

### **T or F**

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|--|---|
| <b>1</b> MENSTRUATION HAPPENS FOR MOST WOMEN ABOUT ONCE A MONTH.                                   | <b>7</b> THERE IS NO SENSE IN PREPARING FOR YOUR PERIOD – YOU NEVER KNOW WHEN IT WILL COME. |
| <b>2</b> STOMACH CRAMPS ARE THE PRIMARY SIGN OF MENSTRUATION.                                      | <b>8</b> THE IDEA THAT CERTAIN FOODS SHOULD NOT BE EATEN AT THIS TIME IS A MYTH.            |
| <b>3</b> YOU SHOULD REFRAIN FROM ANY FORM OF EXERCISE DURING YOUR PERIOD.                          | <b>9</b> PADS CAN BE SAFELY DISPOSED OF IN THE GARBAGE PILE OR FLUSHED DOWN THE TOILET.     |
| <b>4</b> YOU SHOULD CHANGE YOUR CLOTH OR SANITARY PAD EVERY 2 – 6 HOURS.                           |   |
| <b>5</b> CARRYING A SUPPLY OF CLOTH OR SANITARY PADS WITH YOU IS GOOD PREPARATION FOR EMERGENCIES. |   |
| <b>6</b> 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*