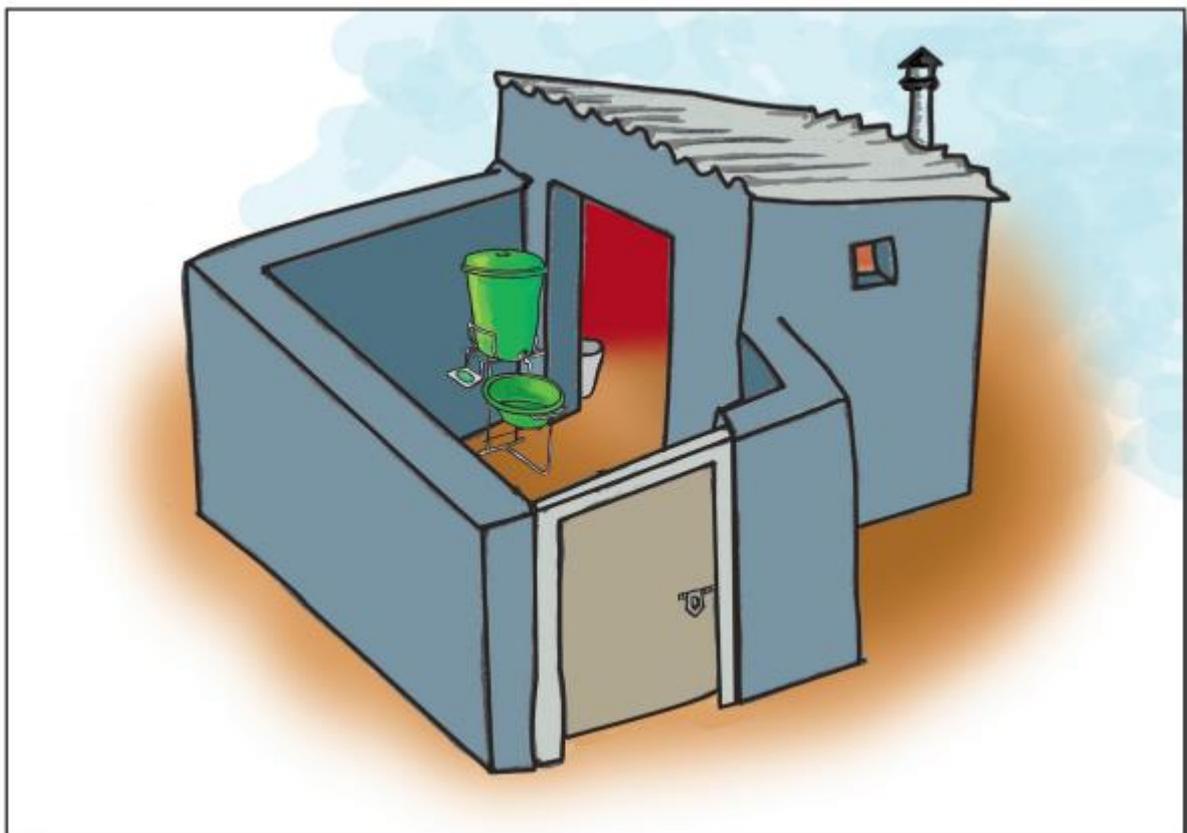
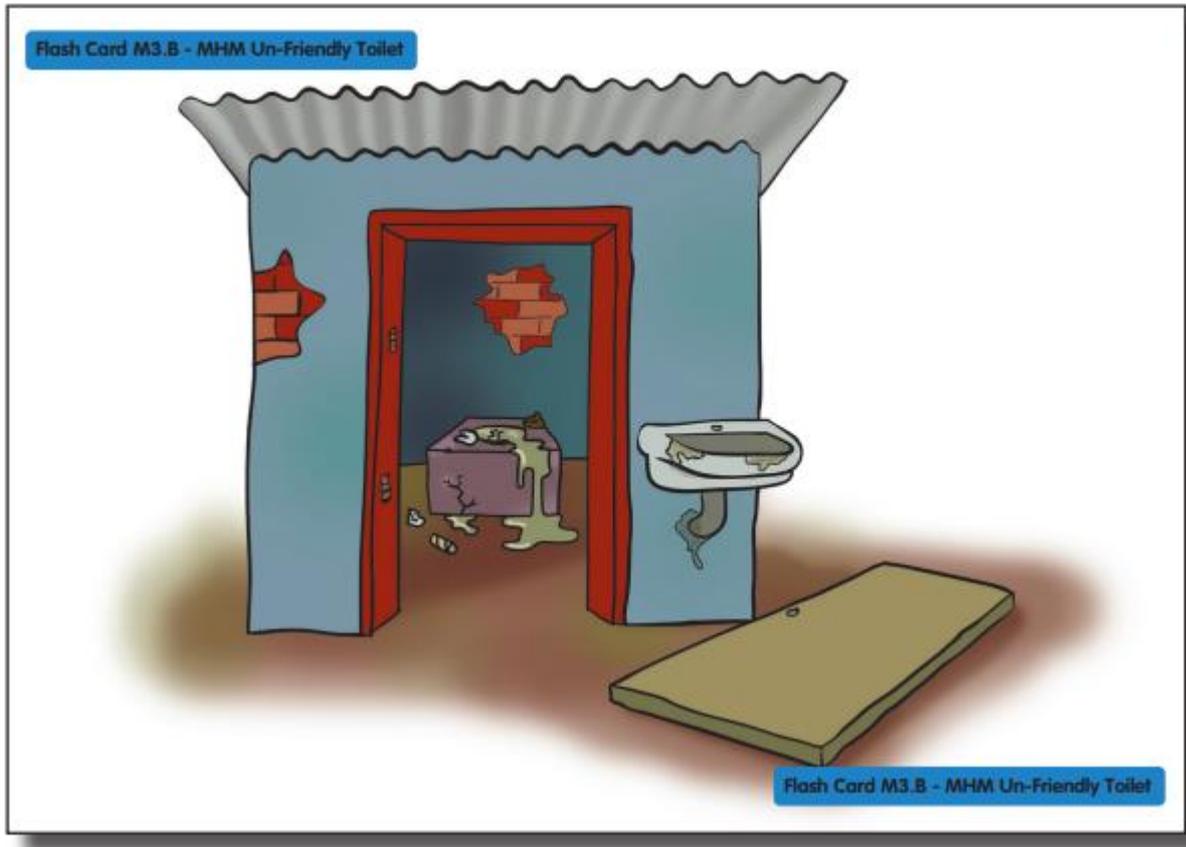


	infection and keeps her clean, fresh, and smelling good
Menstruating girls smell	Menstruating girls do not smell. The smell will only occur when the sanitary napkin has been worn for a long time without changing. This can be done if schools are able to support the girls in practicing safe menstrual hygiene management
Girls should not exercise or move around during menstruation to avoid the menses taking many days	Girls moving around have nothing to do with the length of menses! Actually, when girls remain active while on menses, it keeps them healthy and relieves menstrual cramps

MHM friendly toilet



MHM unfriendly toilet



CARE AND DISPOSAL OF USED MENSTRUAL MATERIAL

Disposable sanitary napkin or pad

Usage:

- Pad should be placed comfortably on the pant in a position to properly collect blood
- Pad should be changed after a few (4-6hours) hours to avoid staining and bad smell. If blood flow is heavy change the pad often

Disposal:

- Pads should be burnt after use or wrap in piece of paper and throw in dustbin
- At school, pads should be thrown in a bin and the school will burn the used pads

- Throwing pads in the pit latrine can make the pit fill up quickly
- Throwing pads in a flush toilet can cause blockages in the pipes

Cloth Material

Usage:

- Cloth should be folded into a long thick layer and placed in the elastic of a pant
- Cloth should be changed every few hours (4-6hours) depending on the blood flow. If stayed for a long time it presents a bad odor

Disposal:

- Cloth should be washed with soap and water after use and hanged in sunlight
- At school, girls should carry a little plastic bag where they can put their used cloth after a change. The cloth can be washed at home

Tampon

Usage:

- Tampons should be inserted in the vagina with the string hanging out.
- The string helps you pull out the tampon when it's full
- A tampon should be changed every few hours (4-6hours) depending on the blood flow.

Disposal:

- Tampons should be burnt after use or wrap in piece of paper and throw in dustbin
- At school, throw tampons in the bin and the school will burn used tampons

Menstrual cup

Usage:

1. Wash your hands thoroughly.
2. Apply water or a water-based lube to the rim of the cup.
3. Tightly fold the menstrual cup in half, holding it in one hand with the rim facing up.
4. Insert the cup, rim up, into your vagina like you would a tampon without an applicator. It should sit a few inches below your cervix.
5. Once the cup is in your vagina, rotate it. It will spring open to create an airtight seal that stops leaks.

Disposal:

To take out a menstrual cup, just follow these steps:

1. Wash your hands thoroughly.
2. Place your index finger and thumb into your vagina. Pull the stem of the cup gently until you can reach the base.
3. Pinch the base to release the seal and pull down to remove the cup.
4. Once it's out, empty the cup into the sink or toilet

Cup aftercare

Reusable menstrual cups should be washed and wiped clean before being reinserted into your vagina. Your cup should be emptied at least twice a day.

Reusable menstrual cups are durable and can last for 6 months to 10 years with proper care. Throw away disposable cups after removal.