

5 USE THE RIGHT WASHING TECHNIQUE:

Always wash or clean the area in a motion that is from the vagina to the anus. Never wash in the opposite direction. Washing in the opposite direction can cause bacteria from the anus to lodge in the vagina and urethral opening, leading to infections.

6 DISCARD YOUR USED SANITARY PRODUCT PROPERLY:

Whether you are using a sanitary napkin or tampon, it is important to know how to dispose of it correctly. Always wrap the used product in waste paper or put it in a plastic bag. Properly wrap it so that it does not open and discard it in a dustbin meant for used sanitary products; never flush it down the toilet. Also remember to wash your hands well after you change your sanitary pad. It is essential to discard your used napkins or tampons properly because they are capable of spreading infections.

7 DEAL WITH A PAD RASH WITH CARE:

A pad rash is something that you might experience during a period of heavy flow. It usually occurs when the pad has been wet for a long time and rubs along the thighs causing it to chaff. To prevent this from occurring, try to stay dry during your periods. If you do have a rash, change your pads regularly and stay dry. Apply an antiseptic ointment, after a bath and before bed – this will heal the rash and prevent further chaffing. If it gets worse do visit your doctor who will be able to prescribe you a medicated powder that can keep the area dry. In some cases they may get infected and lead to a more severe condition.

8 USE ONLY ONE METHOD OF SANITATION DURING YOUR PERIODS:

Some women who have a heavy flow during their periods tend to use two sanitary pads or a sanitary pad along with a piece of cloth. This might seem like a good idea, but it actually is not, changing regularly is a better option.

This can lead to rashes, infections. Another consideration is that if one does use a piece of cloth as extra protection that cloth may not be the cleanest thing to put next to your private parts.

9 HAVE A BATH REGULARLY:

Bathing not only cleanses your body but also gives you a chance to clean your private parts well. It also helps relieve menstrual cramps, backaches, helps improve your mood and makes you feel less bloated. To get some relief from backaches and menstrual cramps, just stand under a shower of warm water that is targeted towards your back or abdomen. You will feel much better at the end of it.

10 BE READY WITH ON-THE-GO STUFF DURING YOUR PERIODS:

When you have your periods it is important to be ready. It is important to have extra sanitary pads properly stored in a clean pouch or paper bag, a soft towel, some paper tissues or towels, hand sanitizer. More importantly storing them properly so that they don't get contaminated is as important as changing. Pads that remain in your bag without a clean pouch to protect it can also lead to infections like UTI (urinary tract infection) or vaginal infections.

MENSTRUAL HYGIENE

WHAT IS MENSTRUATION



Menstruation is a natural body function. This is one of the processes, which prepares a girl's body to conceive a baby in the future. Menstruation is a sign that her reproductive system is functioning healthy and well.

The periods usually last 4-5 days (+,-) 2 days but may be longer or shorter in exceptional cases. A girl loses 50-80 ml blood on an average during a period. If she soaks more than 3-4 pads per day in the initial 2-3 days, passes lots of blood or if periods last more than 7 days it may be considered excessive bleeding.

It is usually that during the first few years after initiation of menstruation, the girl may skip a few cycles. This should not be of much concern unless the girl is sexually active when she may be at risk of pregnancy.

IT IS IMPORTANT TO UNDERSTAND THAT PERIODS ARE A SIGN OF FERTILITY AND GOOD HEALTH.

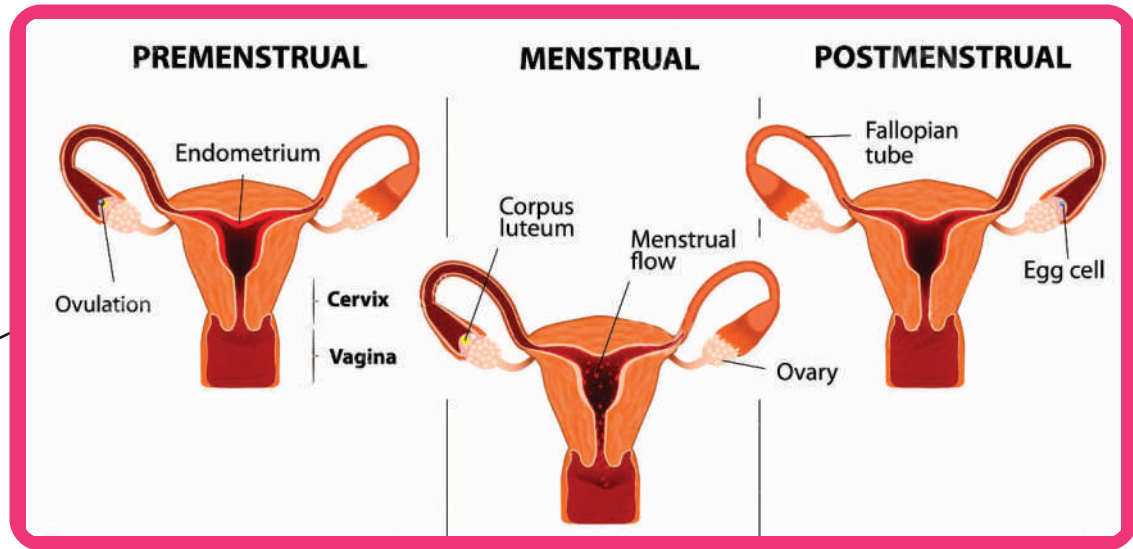


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To maintain menstrual hygiene, girls can use cloth or sanitary pads. If using cloth, clean cotton cloth should be used to soak the menstrual blood. Cotton has a good absorbing capacity. A synthetic cloth should not be used as it may not absorb well and may cause skin reactions. Cloth/pads can be used along with the underwear.

The cloth and panties should be properly washed with soap and water and dried in the sun. Sunlight kills all bacteria. After every period the washed and dried cloth should be stored in a clean bag in a clean place till the next period.



HYGIENE DURING MENSTRUAL PERIODS:

10 THINGS YOU SHOULD KNOW

Here are some tips to help you stay clean and hygienic during your periods.

1

CHOOSE YOUR METHOD OF SANITATION:

As a first step, choose the right method for sanitation during your periods. Today there are a number of ways including the use of sanitary napkins and tampons. If you do decide to use a tampon remember that it is essential to choose one that has the lowest absorbency rate for your flow. The best tip here is to try and use one brand for one type of protection, for a while to know if it helps your needs.

2

CHANGE REGULARLY:

It is important to change your sanitary pad at regular intervals. Sanitary napkins are made of cotton wool and gel. Menstrual blood – once it has left the body – gets contaminated with the body's innate organisms. This rule applies for even those days when you don't have much bleeding, since your pad is still damp and will have organisms from your vagina, sweat from your genitals, etc. When these organisms remain in a warm and moist place for a long time they tend to multiply and can lead to conditions like urinary tract infection, vaginal infections and skin rashes. Therefore changing is essential.

3

WASH YOURSELF REGULARLY:

It is important to wash your vagina well before you change into a new pad. If you cannot wash yourself before you change make sure to wipe off the areas using toilet paper or tissue. When you menstruate, the blood tends to enter tiny spaces like the skin between your labia or crust around the opening of the vagina and you should always wash this excess blood away. This practice also tends to beat bad odour from the vaginal region.

4

DON'T USE SOAPS OR VAGINAL HYGIENE PRODUCTS:

While it is important to wash yourself regularly during this time, all you need to use is some warm water. You can use soap on the external parts but do not use it inside your vagina or vulva. The vagina has its own cleaning mechanism that works in a very fine balance of good and bad bacteria. Washing it with soap can kill the good bacteria making way for infections.