Everyone must practice good menstrual hygiene to stay healthy.

1. Wash your hands with water & soap before / after changing menstrual products.
2. Remove the used disposable pad from your underwear and roll inward.
3. Do not flush used menstrual products in the toilet.
4. Throw used disposable products in a menstrual bin and close the lid.
5. Do not leave used disposable products on the floor.
6. Inform cleaners / management if bin is full, overflowing, or has a bad odor.
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8. If changing disposable pads, wrap used pad in packaging from a fresh pad.