MAINTAINING MENSTRUAL HYGIENE

It is extremely important to maintain good hygiene while menstruating.

Poor menstrual hygiene could lead to such conditions as bacterial vaginosis, urinary tract infections, reproductive tract infections, skin irritation, or even toxic shock syndrome.

Poor menstrual hygiene doesn't always mean someone is unhygienic. Sometimes women don't have access to safe menstrual products or to proper toilet facilities with clean running water and soap. Other times, women may lack information about how to practice proper and regular hand washing or when to change a menstrual product after it has collected blood.

Tips for Basic Menstrual Hygiene

Change menstrual products as often as recommended.

Always wash hands with soap and clean water before and after changing menstrual products.

Dry underwear under the sun before wearing them, as damp underwear can increase risk of infections.

Always wipe from front (vagina) to back (anus), as the opposite direction can cause infections.

Don't wash inside the vagina with soap or apply any scented products; the vagina is a self-cleaning organ and soap or other chemicals can throw off its natural chemical balance.

Use clean and dry menstrual products.

NOTE: Access to toilets, clean water, and toilet paper might be limited from time to time. If you encounter a barrier to maintaining menstrual hygiene in the workplace, let your supervisor, HR manager, or MHM champion know.

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