GOOD MENSTRUAL HYGIENE MANAGEMENT AT WORK

How does good menstrual hygiene management help me at work?

When your workplace supports good menstrual hygiene management, it can affect:

- your level of comfort
- how stressed you feel
- your physical health
- how productive you are
- your relationship with your supervisor.

Anything that affects employees' productivity, performance, and ability to reach their full potential in the workplace can also affect the company's overall business outcomes.

Investing in menstrual health, hygiene, and wellbeing can create a supportive environment for all employees, which contributes to the company's success.

Remember to ask your doctor about issues related to your menstrual, sexual, and reproductive health. You can also contact the following for more information:

- **Aunty Jane Hotline** - Call for free at 0800 721 530
- **Ask NIVI:** - WhatsApp at +254 207 640 156
- **LVCT:** - Call for free from a Safaricom line at 1190
- **Marie Stopes Kenya** - Call for free at 0800 720 005 or WhatsApp at +254 709 819 001

TIP: If you or anyone you know are experiencing gender-based violence, please reach out to:

- **The Gender Violence Recovery Centre (GVRC):** Call 0719 638 006 for free medical emergency/ urgent healthcare services, follow-up care, and therapy.
- **Coalition on Violence Against Women (COVAW):** Use the free SMS Hotline 20351 or Hotline 0723 703 939 for emergency, medical, reporting, counseling and legal services.
- **USIKIMYE:** Call 0718 158 400 for information on safe houses, legal aid, and general services for survivors.

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