CHOOSING YOUR MENSTRUAL PRODUCT

Question:
Is it okay for people in my community to criticize women who use menstrual products other than disposable pads during their periods?

Answer:
No. Menstrual products are tools to help women manage menstruation. Any product that is clean, safe, and absorbent is ok to use, and each woman has a choice to decide which product is best for her.

Question:
How should I decide which menstrual product to use?

Answer:
You should consider the following: cost, physical comfort, menstrual flow, frequency of changing, ease of disposal, or ability to reuse.

Question:
Is it true that using menstrual products that are inserted into the vagina ('insertables'), such as tampons and menstrual cups, means you're sexually active?

Answer:
Women's choice of menstrual products has nothing to do with their sexual status. Insertables, including tampons and menstrual cups, can be a very comfortable way to hold menstrual blood. Women who use insertable menstrual products don't deserve criticism or judgment.

FACT BOX

Do not use insertables if:

- You have just had an operation around your vaginal opening
- You have recently given birth
- You currently have a urinary tract infection (UTI)/reproductive tract infection (RTI)
- You experience urine leaking out of the vagina
- You have experienced cultural cutting or female circumcision
- You experience a lot of pain while trying to use an insertable
- You cannot safely wash your hands with soap and clean water before and after inserting the product

DID YOU KNOW:

- Using non-absorbent materials like pieces of cloth/rags or damp reusable pads can lead to reproductive tract infections (RTIs) and urinary tract infections (UTIs).
- Correct use of one menstrual product that is suitable for your menstrual flow is enough. There is no need to use two menstrual products at the same time.

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