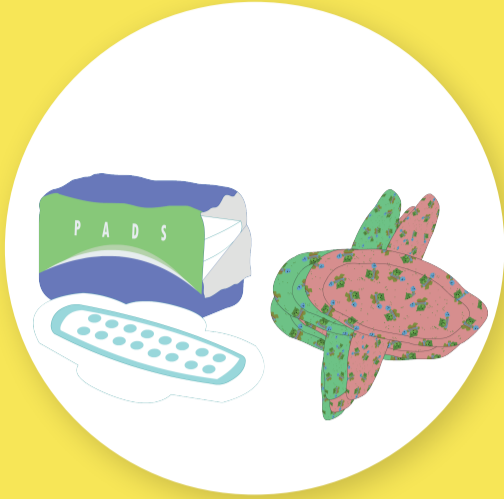


MENSTRUAL HYGIENE :

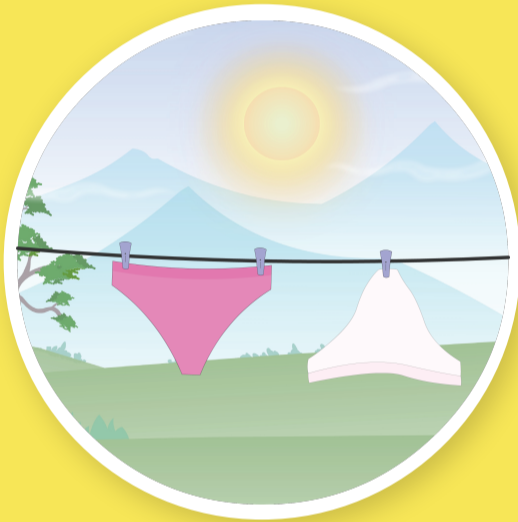
MENSTRUATION IS JUST GROWING UP IN A NORMAL WAY!



1. Change your sanitary pads regularly and always remember to take extra pads.



2. Take warm water bath which ensures some relief to aches and pains. Wash the genital after use of toilet and keep the areas between the legs dry to avoid soreness and chaffing development.



3. Cotton panties are preferable, as cotton absorbs the moisture and heat making it bacteria free while drying in the sunlight.



4. Take balance diet with lots of fruits and vegetables to replace the blood loss and prevent anemia.



5. Brisk walk and mild exercises are also helpful. Ensure that undergarment and sweat drenched clothes are changed regularly.



6. Dispose your used sanitary pads in the toilet bin. Empty the bin in the pit and cover it properly.

