

A menstrual cycle or period is a women's monthly bleeding. It is a normal, natural change that occurs in all women throughout the world. It is nothing to be ashamed of! The typical length of time between the first day of one period and the first day of the next is 21 to 45 days (an average of 28 days). It is the bodies' way of making pregnancy and having a baby possible. It is common to have symptom during the one to two weeks prior to menstruation. These include acne, tender breasts, bloating, feeling tired, irritability and mood changes. The first period usually begins between 12 - 15 years old but can start much earlier or later.

It is important to change the pad before it becomes soaked through or full of blood. It is best to change pads regularly. Do not let the pads get soaked or crusty. Carry a plastic bag to hold any soiled pads.

Caring for the pads is easy. Wash them thoroughly with water and soap, and then hang them to dry. Placing pads in the sun is a safe way to kill any bad bacteria or germs.

Never share pads with others. Sharing pads can spread diseases from one person to another.

Remember - This is a completely normal function of your body! We hope having these pads will allow you to attend school and continue your education.

African Sisterhood

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Hedhi ni kipindi maalumu katika mzunguko wa mwanamke mwenye umri wa kuzaa. Wakati huo, ambao kwa kawaida unarudi kila baada ya mwezi mmoja hivi, yeye hutokwa na damu kwenye uke. Hali hii ni ya kawaida kwa wanawake wote duniani. Wala si kitu cha aibu! Kwa kawaida kipindi cha mzunguko wa hedhi ya kwanza na ya pili ni kadri siku 21 na 45(wastani siku 28). Hii ni njia ya mwili wa mwanamke kupata uja uzito. Kwa kawaida kuna dalili unapokaribia siku za hedhi. Dalili hizi ambazo zinawasumbua zaidi wanawake wakati wanapokaribia siku zao za hedhi kuanzia wiki moja mpaka wiki ya pili kabla ya hedhi. Dalili hizo ni kama, Chunusi za uso, maziwa kuuma, kuvimbiwa tumbo, kuhisi uchovu, Kua mwenye hasira na kubadilika tabia. Hedhi ya kwanza huanizia kadri ya umri wa miaka 12 – 15. Lakini pia inaweza anza mapema au kwa kuchelewa.

Ni muhimu kubadilisha pedi kabla ilowe damu au kujaa damu. Ni muhimu pia kubadilisha pedi kila mara. Usiwache ikauke. Iweke kwenye karatasi au shashi zile pedi ambazo zimetumika.

Kutunza pedi hizi ni rahisi. Safisha kwa maji mengi ya sabuni, kisha uzianike kwa jua zikauke. Kuzikausha kwenye jua inasaidia kuua viini vya bacteria.

Hushauriwi kutumia pedi na mtu mwingine. Hii husababisha kuambukizana na kueneza maradhi.

Kumbuka hali hii ni ya kawaida mwilini!

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