

Caring for You and Your Reusable Menstrual Pads

A menstrual cycle or period is the monthly bleeding that happens in a women's body. It is a normal and natural process that occurs in girls and women all over the world. The time between the first day of one period and the first day of the next is between 21 to 45 days. A single period usually lasts 3 to 7 days. Your period is your body's way of preparing for a possible pregnancy. It is common to have symptoms one or two weeks prior to menstruation. These can include acne, tender breasts, bloating, cramps, feeling tired, irritability, or mood changes. Your first period usually begins between 9 and 15 years old but can start much earlier or later.

To stay comfortable and healthy, change your pad regularly before it becomes soaked or too full. This prevents leaks, discomfort, and keeps you hygienic. Always carry a plastic bag to store used pads until you can wash them properly. Wash the pads thoroughly with soap and water. (Cold water will remove stains) Hang them in the sun to dry. Sunlight naturally kills germs and bacteria. Ensure pads are completely dry before storing or using.

Never share pads with anyone else. Sharing can spread infections or diseases. Using your own clean pads keeps you safe and healthy. People believe myths about periods, like thinking they are unclean. This is not true! Your period is a sign of your body's strength. You can go to school, play, pray, and live your life as usual. With proper care of your reusable pads, you can attend school confidently everyday and achieve your dreams. Remember – Your period is a normal and natural part of life! You got this!!

African Sisterhood

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Kukujali Wewe na Pedi Zako za Hedhi Zinazotumika Tena

Mzunguko wa hedhi au kipindi cha hedhi ni damu ya kila mwezi inayotokea katika mwili wa mwanamke. Ni mchakato wa kawaida na wa asili unaowapata wasichana na wanawake duniani kote. Kipindi kati ya siku ya kwanza ya hedhi na siku ya kwanza ya hedhi inayofuata huwa kati ya siku 21 hadi 45. Hedhi moja kwa kawaida hudumu siku 3 hadi 7. Hedhi ni njia ya mwili wako kujiandaa kwa uwezekano wa kupata ujauzito. Ni kawaida kupata dalili wiki moja au mbili kabla ya hedhi kuanza. Dalili hizi zinaweza kujumuisha chunusi usoni, maumivu au kuvimba kwa matiti, tumbo kujaa hewa, maumivu ya tumbo, uchovu, hasira, au mabadiliko ya hisia. Hedhi ya kwanza kwa kawaida huanza kati ya umri wa miaka 9 hadi 15, lakini inaweza kuanza mapema au baadaye zaidi.

Ili uwe na afya na kujisikia vizuri, badilisha pedi yako mara kwa mara kabla haijajaa au kulowa sana. Hii husaidia kuzuia kuvuja kwa damu, kero, na hukuweka safi kiafya. Daima beba mfuko wa plastiki wa kuhifadha pedi zilizotumika hadi pale utakapoweza kuziosha vizuri. Osha pedi vizuri kwa kutumia sabuni na maji. (Maji baridi husaidia kuondoa madoa.) Zianike juani zikauke. Mwanga wa jua huua vijidudu na bakteria kwa njia ya asili. Hakikisha pedi zimekauka kabisa kabla ya kuzihifadhi au kuzitumia tena.

Usiwahi kushiriki pedi zako na mtu mwingine. Kushirikiana pedi kunaweza kusababisha maambukizi au magonjwa. Kutumia pedi zako safi hukulinda na kukuweka salama kiafya. Watu wengine huamini hadithi za uongo kuhusu hedhi, kama kudhani kuwa ni kitu kichafu. Hii si kweli! Hedhi ni ishara ya nguvu ya mwili wako. Unaweza kwenda shule, kucheza, kusali, na kuendelea na maisha yako kama kawaida. Kwa kutunza vizuri pedi zako zinazotumika tena, unaweza kuhudhuria shule kwa ujasiri kila siku na kutimiza ndoto zako. Kumbuka – hedhi ni sehemu ya kawaida na ya asili ya maisha! Unaweza kufanya hili!

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