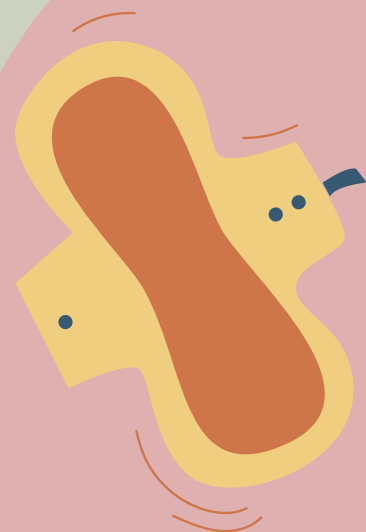




PADS FOR PROGRESS



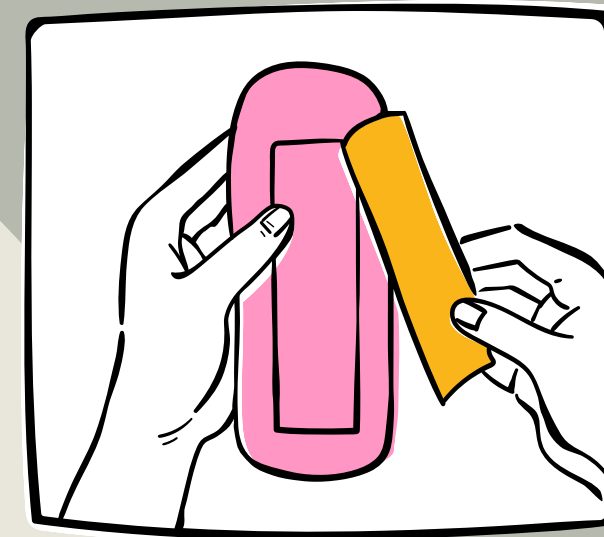
HELP N AID
FOUNDATION



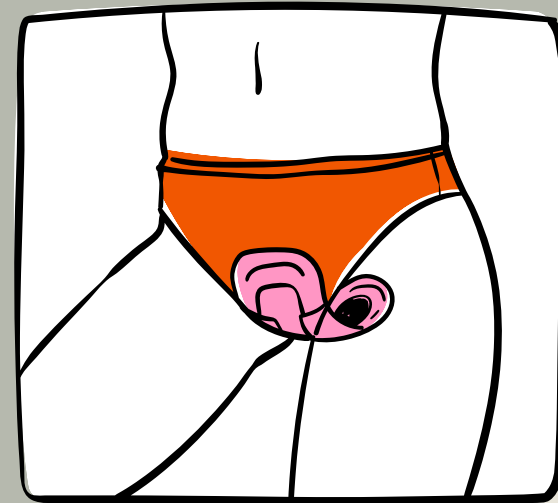
BIOLOGY OF MENSTRUATION



WASH YOUR HANDS AND
USE THE SANITARY PAD
WITH CLEAN HANDS.

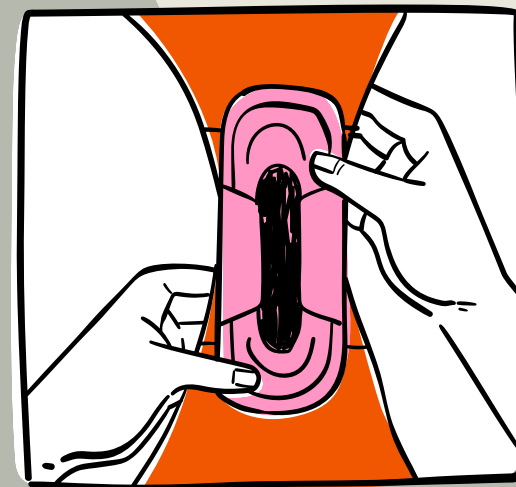


UNWRAP THE PAD AND
PEEL OFF THE STICKER

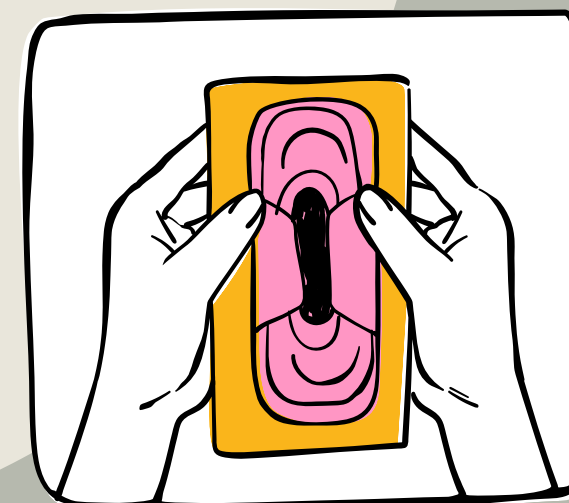


ENSURE TO STICK THE PAD
SUCH THAT IT STAYS IN
PLACE

How to use sanitary pads?



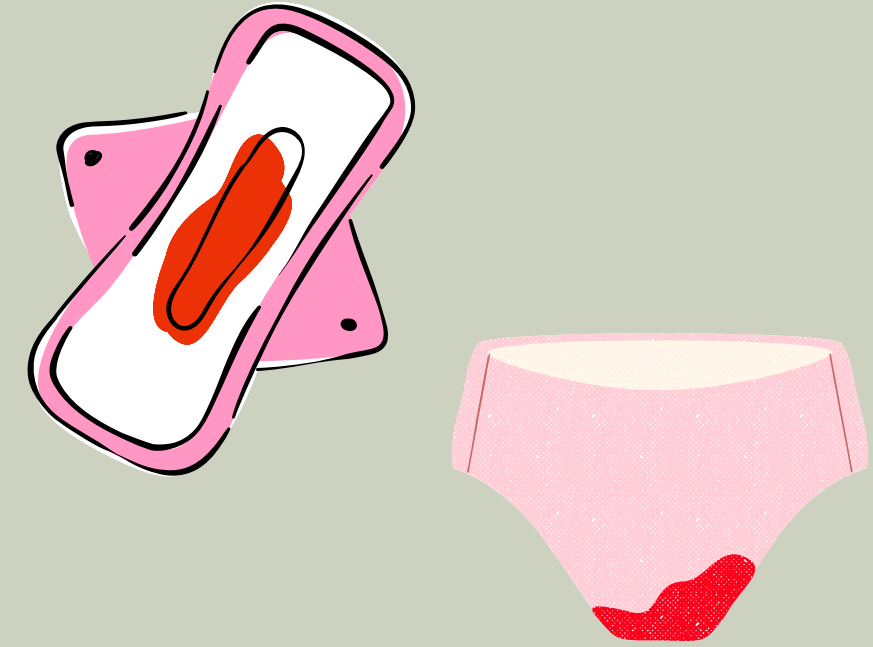
WRAP THE PAD AROUND
THE EDGES OF YOUR
UNDERWEAR AND STICK IT



REMOVE THE ADHESIVE
FROM THE PAD

HOW FREQUENTLY SHOULD THE PADS BE CHANGED?

CHANGING YOUR PAD EVERY 3 OR 4 HOURS (MORE IF YOUR PERIOD IS HEAVY) IS GOOD HYGIENE AND HELPS PREVENT BAD ODORS. THIS IS ESPECIALLY TRUE IF YOU'LL BE PLAYING SPORTS OR RUSHING AROUND FROM CLASS TO CLASS. CHANGING PADS OFTEN ALSO HELPS PREVENT ACCIDENTAL LEAKS.



SOME COMMON ISSUES:



CHEST PAIN



CRAMPS



MOOD SWINGS



BACK PAIN



HEADACHE

HOW TO DISPOSE SANITARY NAPKINS SAFELY?

REMOVE THE SANITARY PAD
FROM THE UNDERWEAR

WRAP THE USED NAPKIN
WITH NEWSPAPER AND
PLACE IT IN A PLASTIC BAG

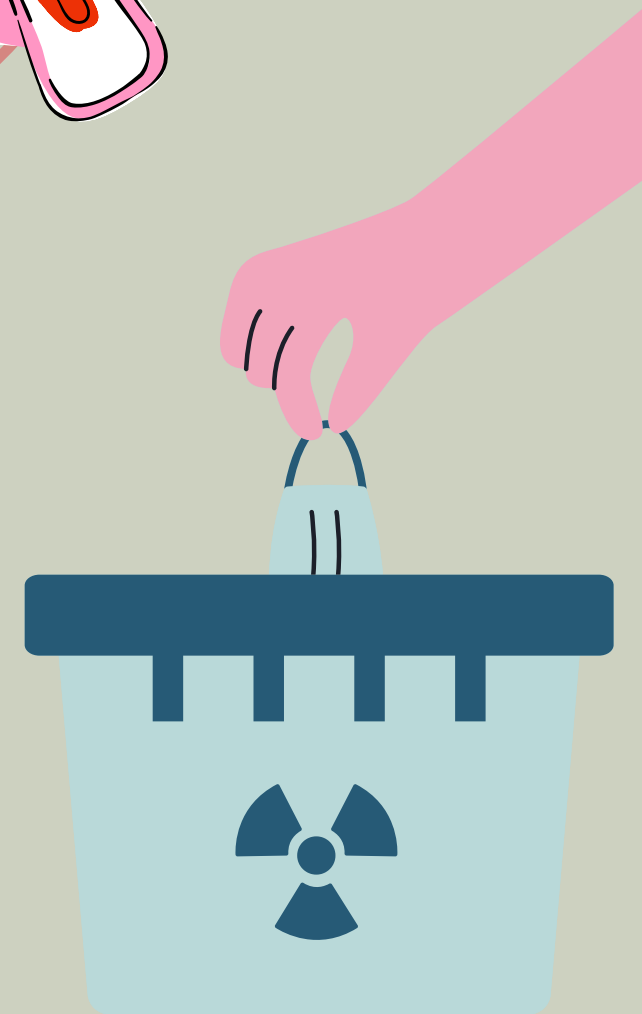
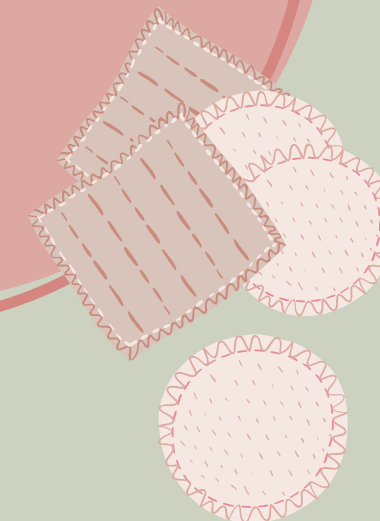
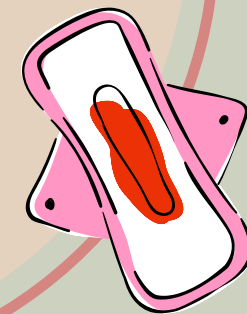
DISCARD IT IN
THE DUSTBIN

WASHING HANDS
PROPERLY BEFORE
AND AFTER

DISPOSING THE WRAPPED
PAD IN THE DUSTBIN

DO'S

WRAPPING SANITARY
NAPKIN WITH
NEWSPAPER



PREVENTION OF UTI



USING TISSUE PAPER ON WESTERN-STYLE COMMODES IS PRIMARILY FOR PERSONAL HYGIENE AND CLEANLINESS PURPOSES, RATHER THAN DIRECTLY PREVENTING URINARY TRACT INFECTIONS (UTIS). UTIS ARE USUALLY CAUSED BY BACTERIA ENTERING THE URINARY TRACT, OFTEN THROUGH IMPROPER WIPING OR POOR PERSONAL HYGIENE PRACTICES. WHILE USING TISSUE PAPER CAN CONTRIBUTE TO MAINTAINING CLEANLINESS, THERE ARE OTHER FACTORS TO CONSIDER FOR PREVENTING UTIS.

HERE ARE SOME GENERAL TIPS FOR PREVENTING UTIS:

HYGIENE: AFTER USING THE TOILET, ALWAYS WIPE FROM FRONT TO BACK TO PREVENT THE SPREAD OF BACTERIA FROM THE ANAL AREA TO THE URETHRA. ADDITIONALLY, WASH YOUR GENITAL AREA WITH WATER AND MILD SOAP REGULARLY TO MAINTAIN CLEANLINESS.

URINATION AND HYDRATION: URINATING FREQUENTLY AND FULLY EMPTYING YOUR BLADDER HELPS FLUSH OUT BACTERIA THAT MAY HAVE ENTERED THE URINARY TRACT. DRINK PLENTY OF WATER THROUGHOUT THE DAY TO PROMOTE REGULAR URINATION AND MAINTAIN HYDRATION.

AVOID HOLDING URINE: HOLDING URINE FOR EXTENDED PERIODS CAN ALLOW BACTERIA TO MULTIPLY IN THE URINARY TRACT. WHEN YOU FEEL THE URGE TO URINATE, TRY TO DO SO PROMPTLY.

AVOID IRRITATING SUBSTANCES: SOME PRODUCTS, SUCH AS HARSH SOAPS, FEMININE HYGIENE SPRAYS, OR DOUCHES, CAN IRRITATE THE URETHRA AND INCREASE THE RISK OF UTIS. USE MILD, UNSCENTED PRODUCTS AND AVOID UNNECESSARY CHEMICAL EXPOSURE.



BREAKING THE SILENCE- SHATTERING THE TABOOS ON PERIODS

“

IN A COUNTRY LIKE INDIA, GIRLS ARE FORCED TO FEEL ASHAMED AND INSECURE ABOUT THEIR PERIOD. THIS NEEDS TO CHANGE. TABOOS AND THE STIGMA BEHIND PERIODS SHOULD END.

”



“

MENSTRUAL HYGIENE PRODUCTS SUCH AS SANITARY PADS, TAMPONS, MENSTRUAL CUPS SHOULD BE MADE EASILY ACCESSIBLE TO EVERY FEMALE.

”

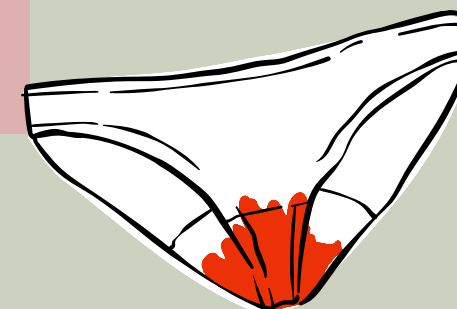
WHAT YOU CAN
DO TO HELP?



THE WOMEN IN
YOUR LIFE



TALK- BREAK THE SILENCE
ABOUT PERIOD STIGMA AT
HOME, SCHOOL OR WORK



NORMALISE PERIODS!