



Hygiene Workshop



DAILY HYGIENE PRACTICES

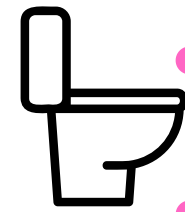
Diets

Hydration (WATER!!)

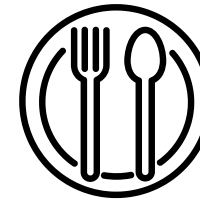
Avoid
replacing
water
with
sugary
drinks



Hand Washing



- After using toilet
- Before making, eating food



- After handling animals
- If you have someone around coughing or has a cold.



Brushing Teeth

Alternative without a
toothbrush



Paper Towel

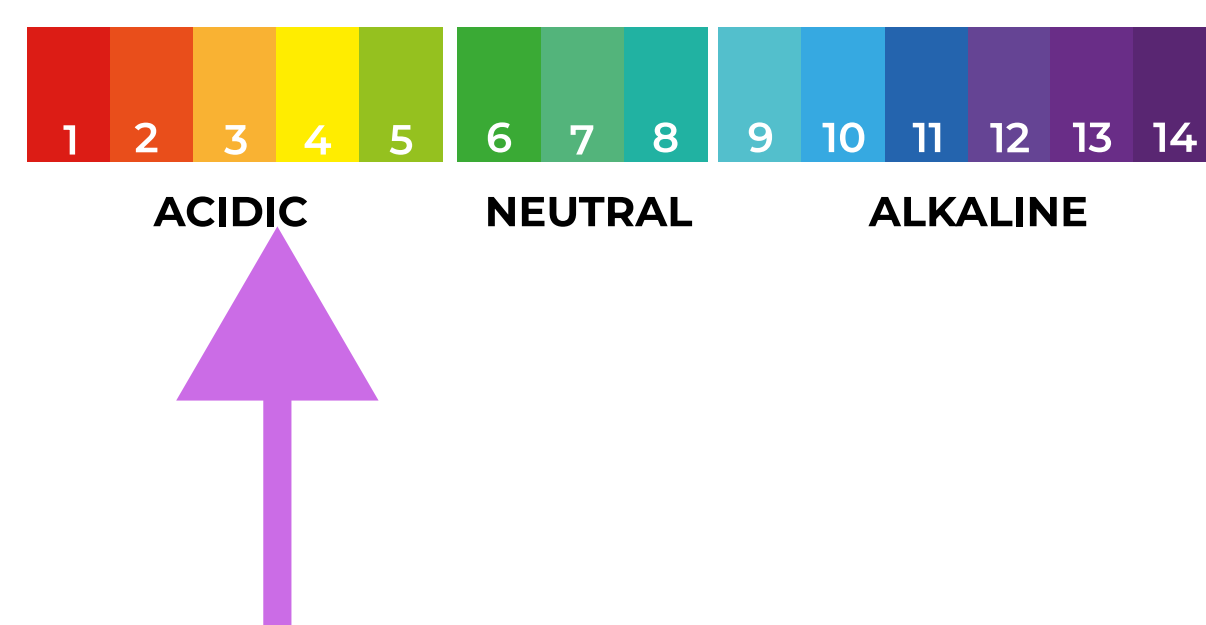


Chew on Vegetables

FEMALE HYGIENE PRACTICES

pH-balanced
feminine washes

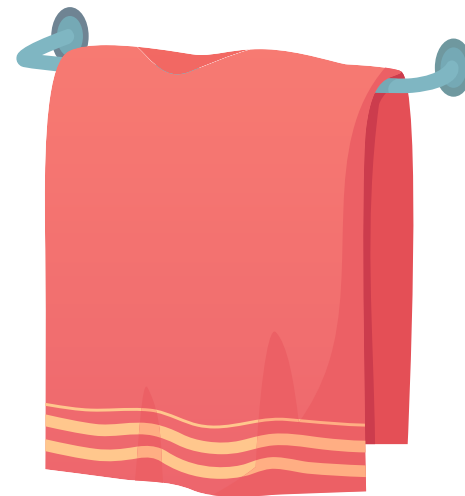
When washing your
genital try using pH
range from 3.8–4.5



Use soft towel

To dry off after a
shower use a towel
that is soft and
completely dry.

DO NOT share your
towel with anyone
else



Cleaning of
genital

Wash the outside of
your genital daily, but
not the inside because
it is a self-cleaning
organ



DIY Vaginal Wash with Rose Water

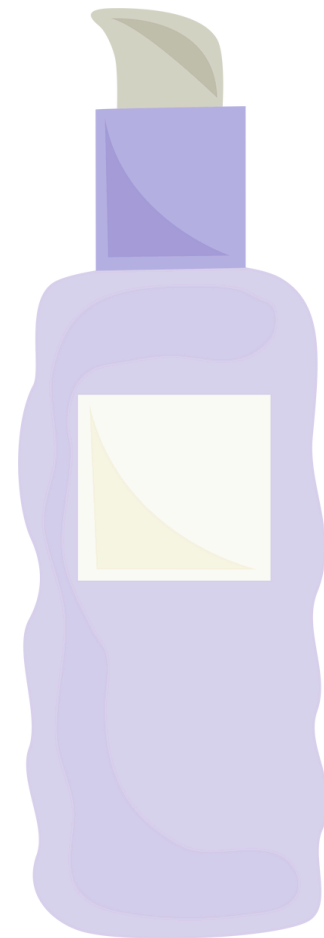
Ingredients

- ½ cup alcohol-free witch hazel
- ½ cup rose water
- 3 teaspoons almond oil
- 1 teaspoon castile soap
- 6 drops lavender essential oil

diy

Directions

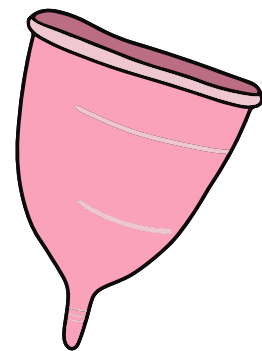
- **Combine Ingredients:** In a bowl, mix all the ingredients.
- **Stir Well:** Use a spoon to mix thoroughly.
- **Store:** Transfer the mixture to a dispenser container.



MENSTRUAL HYGIENE PRACTICES

Frequent sanitary product change

You should change sanitary product (pads, tampon, menstrual cup) every 4–6 hours



Track, Monitor your menstruation

Record first day of menstruation can be digital or hand written

Seek help if irregular period is observed (twice a month, haven't had period in 4 months etc.)



Dispose product

If its disposable products such as sanitary pads Wrap with the plastic package then put it in a rubber

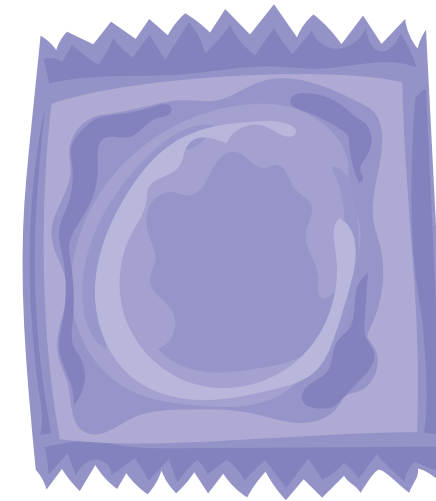
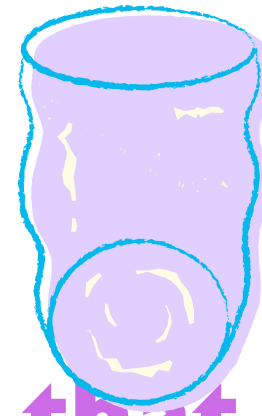
Safe Sex

Use of condom

Condom can help prevent **98%** of pregnancy happening

Choose a male condom made of latex or polyurethane--not natural materials.

STDs



Infections that are passed from one person to another through sexual contact

Contact the local clinic as soon as possible

Never be ashamed to tell a trusted adult

Consents!

This is extremely important

No sexual intercourse should happen without both people involved to give **consent!**

If sex happened without you giving consent, you should talk to an adult about it



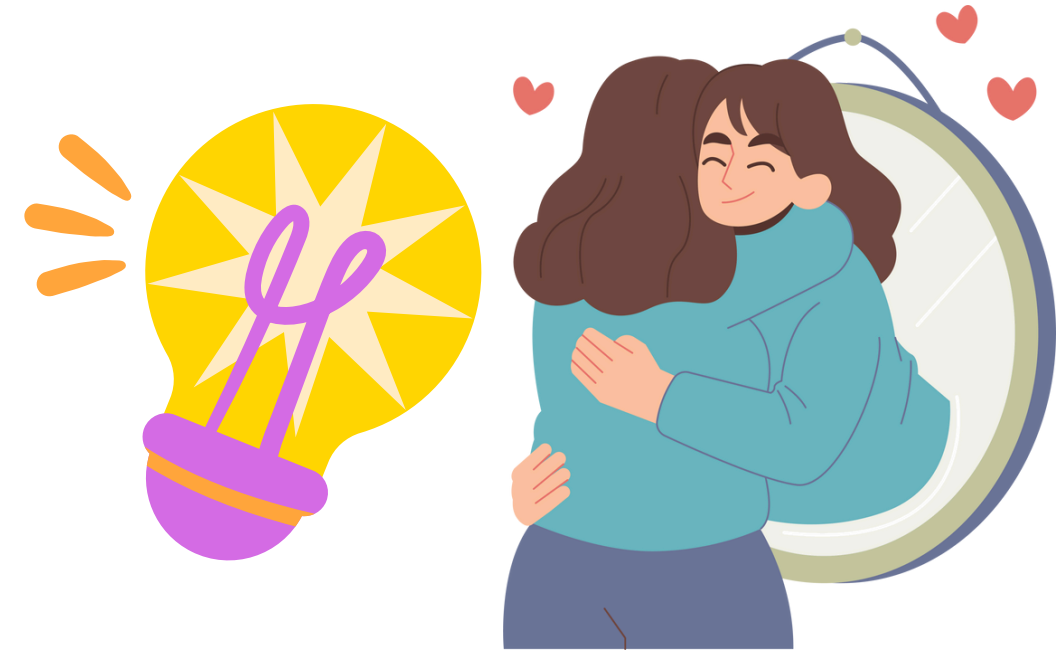
Stay positive!

Avoid Comparison

Never compare
yourself to other
people, you are great
just the way you are!



YOU'VE
TOTALLY GOT
THIS!



Natural Walk

Spending 20–30
minutes in the
nature can help
release
stress\unhappiness

Go for a nature walk!



What's a Menstrual cup?



product display

- A menstrual cup is a small, flexible cup that you insert into your vagina
- After a few hours, you remove the cup and wash it for reuse.

Why we should use a menstrual cup

Sustainability

One singular menstrual cup can last up to **3–5 years** before being disposed

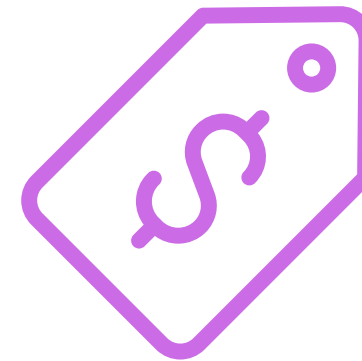


One person uses on an average **720** sanitary pads in **3 years** – all that waste could be removed by using a **MC!!**



Cost–Effective!

Menstrual cups can last 3–5 years reducing the need for frequent purchases of pads or tampons



Leak Protection

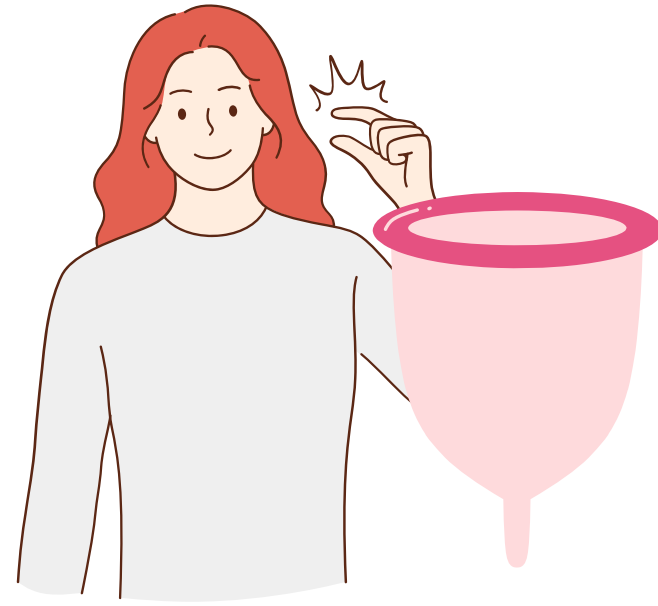
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Why we should use a menstrual cup

Less Odor

Since the blood is contained, there is less exposure to air, which can reduce odor.

Healthier Option



They are made from medical-grade silicone, rubber, or latex do not contain harmful chemicals found in some disposable products.



How To Use a Menstrual Cup

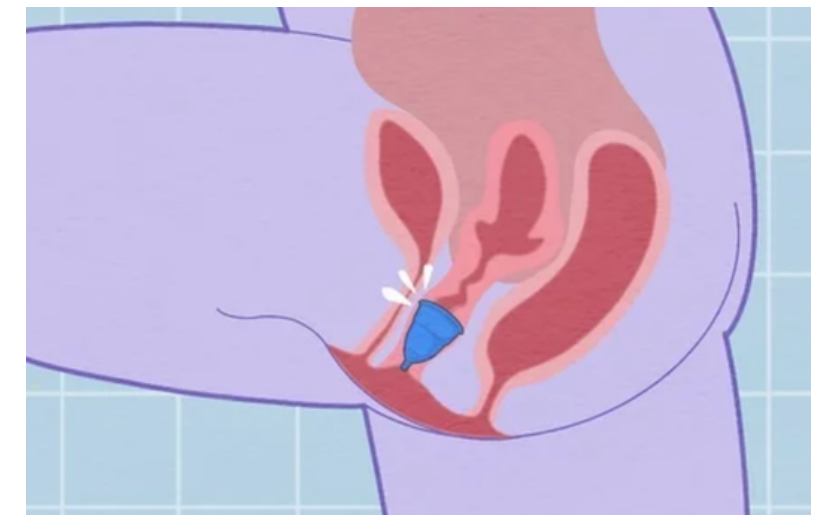
Step 1: Wash your hand



Step 2: Fold the menstrual cup

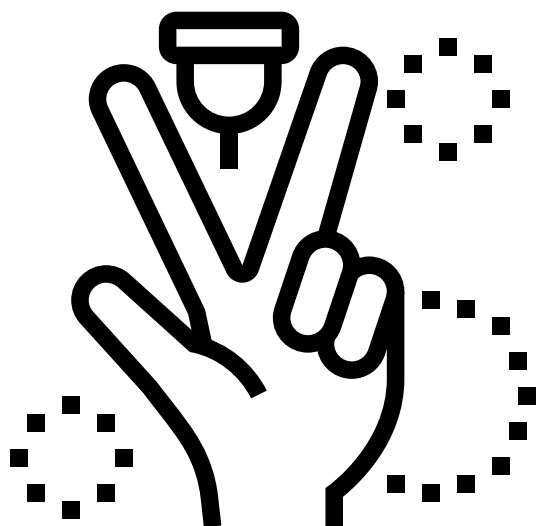


Step 3: Insert the menstrual cup



First time users can put one leg on a higher surface to ensure easier insert

Step 4: Pull out the menstrual cup



Step 5: Wash your hand & menstrual cup

