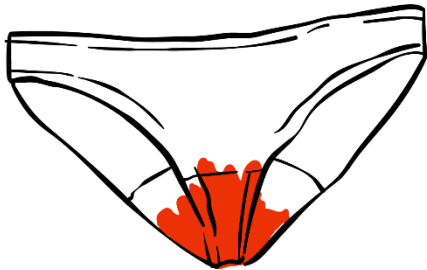


Keeping myself clean during my period:

1.



My period comes around once a month. When I have got my period, I will have blood in reusable pad.

2.



The blood might make me smell and this means I need to wash more often during my period. I can do this every day using the sink.

3.



I should take off my dirty reusable pad and put it in the washing basket to be washed.

Keeping myself clean during my period:

4.



I can use water on my flannel to give my vulva a good clean. I do not need to use soap because my vulva is sensitive. I can do this at the sink. When I am dry, I can put a new pad on my pants.

5.



I should have a shower every second day. I should clean my vulva well using soap and water in the shower.

6.



If I need help with any part of caring for myself during my period, I can ask my mum or dad to help me.