

Menstrual hygiene materials

Menstrual hygiene materials

- Preference of users
– may vary with age or background
- Softness
- Absorbency
- Suitable for heavy flows
- Post-natal needs
- Where will they be washed and dried?



Re-usable pads made by a women's group in Dadaab refugee camp, Kenya

Menstrual hygiene materials

- What materials are locally available to manufacture pads?
- How to fix in place
- Disposal methods
- Biodegradability



MakaPads (biodegradable, papyrus) – made in Uganda

Menstrual hygiene materials

- Availability
- Affordability
- Supply and demand
- Product development
- Local entrepreneurs

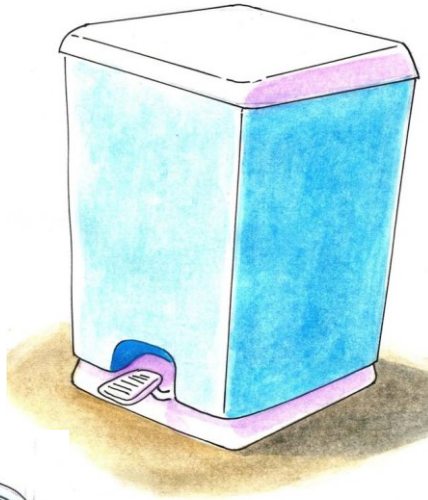


AFRIPads menstrual hygiene kit, Uganda



Pieces of cloth, towel, old saris and other materials are commonly used

Which waste collection containers are most suitable?



What end disposal options exist for menstrual hygiene waste?

1. Open pit for burning



2. Drum incinerator



3. Incinerator attached to toilet block



4. Waste pit – buried

For each option

- what are the:
- Strengths?
- Problems?

Checklist



Menstrual hygiene matters
training guide and resource book
available for download at:

www.wateraid.org/mhm

