

PERIODS don't pause for PANDEMICS

FACT: Menstruation is a natural healthy process. Managing menstruation with dignity and health is an important basic need.

FACT: Disposables (single-use pads) and tampons may be more and more difficult to access.

FACT: Many women rely on commercially produced, washable, reusable menstrual pads and/or menstrual cups. But, those without reliable products may need to be innovative.

+ Keep healthy during your period— Pass the word!

One **Emergency Innovative Menstrual Option** is a **clean** cloth either secured to underwear with a very loose, hand-sewn stitch, or pinned with a stainless steel safety pin. For materials and care, consider the following:



SOFT

Choose clean, non-abrasive materials to reduce irritation and the risk of infection.



CHANGE

Change washable pads every 2-4 hours to avoid pain and infection. (Remember, proper hand washing matters when changing pads too.)



CLEAN IS HEALTHY

Keep menstrual supplies clean. Reduce the amount of water needed for washing by pre-rinsing soiled items in a waterproof bag. Add a small amount of water and let soiled items absorb water. Then gently squeeze the bag, and while holding the material in place, pour the rinse water into the toilet, latrine, or other appropriate area. Wash with SOAP. Rinse as you would any clothing.



DRY WELL

Whenever possible, dry your items in the sun to kill germs. Unfold any bulky layers of fabric to a single layer to help it dry faster. Ironing can also help dry cloth when necessary. Completely clean and dry before storing or wearing items again to avoid infections.

Stand strong for periods! You can be a leader by teaching others about safe care and use of menstrual solutions, that menstruation matters and that periods are normal, natural, and healthy!

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