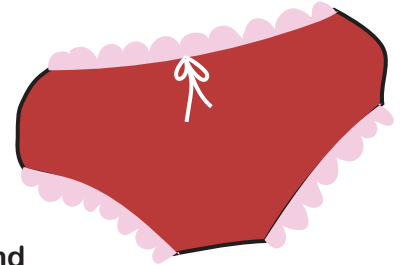


PERIOD HYGIENE

SMELLS

- your period should not smell bad
 - if the smell is noticeably bad, ask your parent if you should see a doctor
- do NOT use cleansers, soaps, or sprays with scents
 - this can irritate your private parts
- avoid using perfume on your private parts or on your underwear
- when you shower, use a non-scented soap around your vagina
 - we recommend the Dove bar soap (use a small amount)



STAINS

- what should I do if I stain my pants or sheets?
 - if possible, wash immediately and spray with a stain remover beforehand
- what if I bleed through my pants at school?
 - go to the nurse and ask if they have a pair of pants or shorts you can wear
 - what if I don't have a nurse at school or they don't have clothes for me?
 - ask your teacher if you can call your parents to bring you clothes
- prepare for stains by bringing a Tide stain-removing pen to keep in your locker or backpack

CHANGING PRODUCTS

- changing pads
 - when? every 4 to 6 hours if you have a light to normal flow
 - what if my flow is heavy? turn your pad over to the other, sticky side
 - has the blood leaked through the sticky side? if so, it is time to change
 - no matter your flow, keep track of how many pads you go through in a day
- changing tampons
 - when? every 4 to 6 hours if you have a light to normal flow
 - what if my flow is heavy? check the string to see if the whole string is red
 - if the entire string is red, it is time to change
- no matter your flow keep track of how many tampons you go through in a day

STEPS FOR PERIOD PRODUCT DISPOSAL

1. Remove tampon or pad.
2. Wrap product in toilet paper.
3. Look for a mini trash can or silver rectangular box.
 - A. This is the period product disposal can.
4. Throw your tampon or pad in the assigned box.
 - A. If a bathroom does not have a box, throw it away in the normal trashcan



WHY IS PERIOD HYGIENE IMPORTANT?

Many menstruators are self-conscious or worried that they smell, or that they are not “clean.” It is important to remember that you do not have to use fragrant soaps, cleansers, or perfumes to cover up a smell that is not there. Also, when you are in a bathroom used by other people, it is important to know how to properly throw away your products to keep the space clean!