PERIODS DON’T PAUSE FOR PANDEMICs

HERE ARE SOME TIPS FOR MANAGING YOUR MENSTRUATION DURING COVID-19

1. KEEP IT NEAT!
   Menstruation is natural and healthy. It's important to take a few minutes daily for yourself to manage your menstruation.

2. RECHARGE WITH HEALTHY FOOD
   Keeping your body healthy and strong during menstruation is important. Eat iron rich foods like bananas, beans, meat and eggs.

3. HANDLING THE UPS AND DOWNS OF PERIODS
   Do you get menstrual cramps? Consider placing a hot water bottle or warm towel over your abdomen to relieve pain. Remember, stressful situations like COVID-19 can impact the flow and timing of your period.

4. ALWAYS REMEMBER
   Ask those you care for how you can best support their menstrual needs with dignity.

5. OUT OF MENSTRUAL PRODUCTS? NO PROBLEM!
   Millions of women are using reliable products like washable pads or menstrual cups as a longer-lasting option.

For more information on periods during pandemics or to learn how to sew an emergency menstrual pad, visit daysforgirls.org
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