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Helping Adolescent Girls to Take Care of Themselves during Menstruation

Staying clean

Generally girls living in small towns and cities use sanitary pads for protection during menstrual period, if they can afford them. These are readymade soft cotton pads worn inside the underwear to catch the blood as it leaves the vagina. These pads should not be reused. Some girls prefer to make their own pads out of folded cloth or wads of cotton. These pads must always be clean and dry when worn. They should be changed several times a day and disposed of by burning outdoors in a large empty tin. If cloth is used, they should be washed well with soap and water and dried in the sun. Sun light is the cheapest disinfectant available in nature.

In villages there are certain restrictions imposed on adolescents during menstruation. Those restrictions (Don'ts), which are harmful should be discouraged, such as not taking bath during menstruation or not doing any physical work.

It is advisable to wash outer genitals well with water every day to remove any blood that is left.

