

Time to change it yet?

1. Which of the following menstrual hygiene products can be used for the most number of hours?

- Sanitary napkins
- Menstrual cup (R)

Self Awareness: Bodily Awareness

2. A sanitary pad should be changed after every:

- 8-9 hours
- 5-6 hours (R)

Self Awareness: Bodily Awareness

3. A tampon should not be worn for more than:

- 4 hours
- 8 hours (R)

Self Awareness: Bodily Awareness

4. A sanitary cloth should be changed every:

- 2-4 hours (R)
- 10 hours

Self Awareness: Bodily Awareness

5. With proper hygiene, a menstrual cup can be reused for almost:

- 10 years (R)
- 2 years

Self Awareness: Bodily Awareness