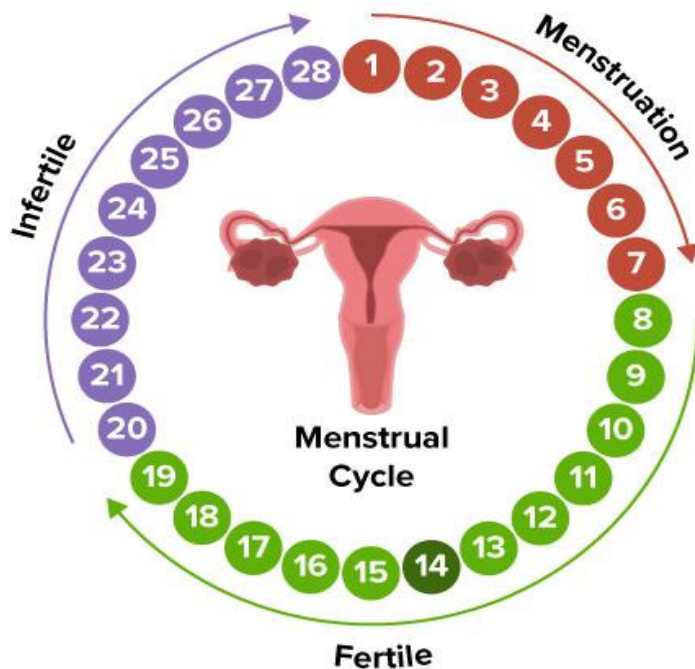


MENSTRUAL CYCLE AND MENSTRUAL HYGIENE

A menstrual cycle is measured from the first day of your period to the first day of your next period. The average length of a menstrual cycle is 28 to 29 days, but every woman's cycle is different.



*No unprotected sexual contact from day 1 to day 20 (90%)

* The best is abstinence(100%)

* At 14 day very high chances to be pregnant

MENSTRUAL HYGIENE TIPS

1. Choose your method of sanitation (Pad, Tampon)
2. Change your pad regularly no matter the quantity of blood (4 to 6 hours)
3. Wash yourself regularly (Only with water and wash hands before and after)
4. Don't use soaps or vaginal hygiene products they will cause you an infection
5. Use the right washing technique (Clean from the vagina to the anus and not opposite)
6. Discard your used sanitary product properly(Don't flush in the toilet, wrap well in a plastic)
7. Have a bath regularly to avoid odor and infection

Note: Good menstrual hygiene practices, Abstinence or practice of protected sexual contact can make you live a happy life as a woman.

Also, drink at least 2 liters of water, avoid drinking cold things and feed adequately to stay health during menstruation.