



## Counseling Card 11: Protection During Menstruation

Small doable actions for protection during menstruation:

- Use clean a piece of cloth from linen or cotton material or a clean pad.
- Store the used piece of cloth in a plastic bag during day time
- Dispose of the used pad in the latrine or in the trashcan.

*Washing the blood stained cloth, linen, and bed sheet*

- Wash the used piece of cloth with soap and water at night. (Caregivers should wear gloves to protect their hands.)
- Dry on the line/hang at night and collect early in the morning.
- Keep the clean and dry pieces of cloth in a clean box after menstruation.
- Remove the dress, linen/bed sheet and wash with soap and water.
- Dry the dress, bed sheet/linen outside the house under the sun