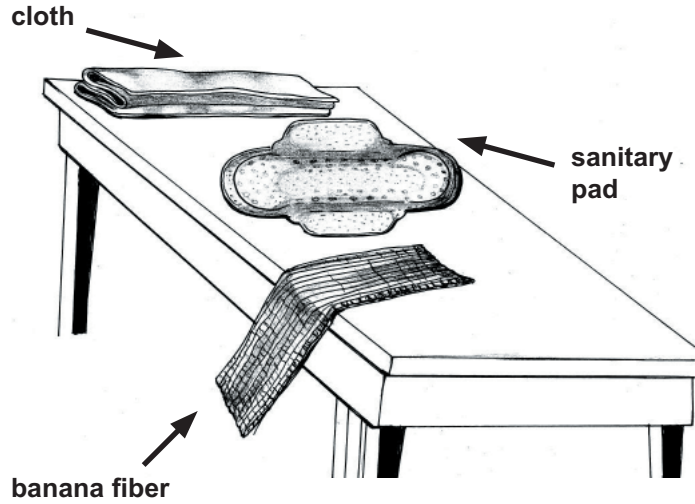


# MENSTRUAL PERIOD MANAGEMENT

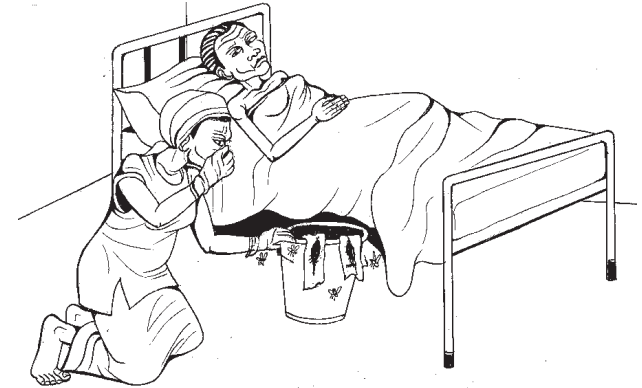


Soak up blood with sanitary pads, cloth, or banana fibers.

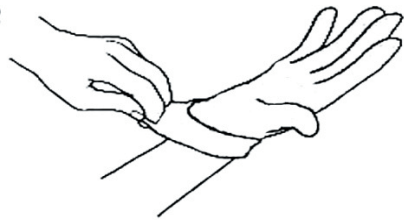
## Counselling Card



Keep clean cloth, washing water, soap (or ash), and a container for soiled cloth near bed-bound woman.



Do not store soiled cloth for a long time.



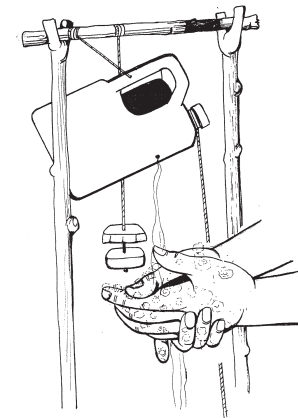
Use gloves

**OR**



Use plastic sheets

Always protect hands by wearing gloves or plastic material when touching someone else's blood.



Always wash hands with soap (or ash).