# MY RED FLOWER



**My Red Flower**

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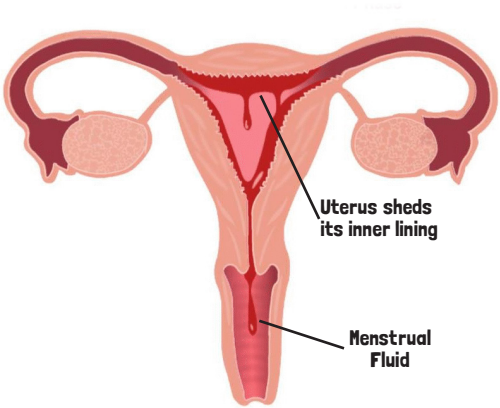
# What is Menstruation?

**Menstruation, or period, is a natural process where the body sheds the lining of the uterus (womb). It is a monthly flow that typically lasts 2–7 days.**



# How Does Menstruation Occur?

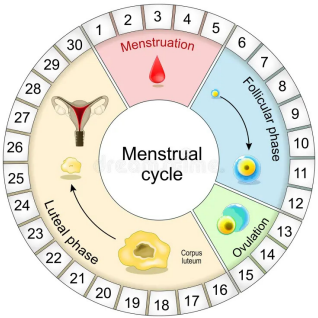
**Each month, the uterus prepares for a baby by forming a lining. If no egg is fertilized, the body sheds the lining with the unfertilized egg as blood through the vagina.**



# Menstrual Cycle

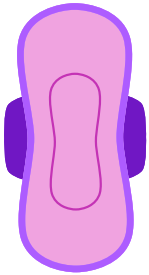
**The menstrual cycle is a monthly process where an egg is released (ovulation), the uterine lining thickens, and if pregnancy doesn't happen, the lining sheds (menstruation).**

**The menstrual cycle varies between 21–35 days. It lasts about 28 days on an average.**




**Menstrual Phase** (Day 1-5): Period starts.
**Follicular Phase** (Day 6-14): Body prepares an egg.
**Ovulation** (Day 13-14): Egg is released.
**Luteal Phase** (Day 15-28): Hormones prepare for the next cycle.

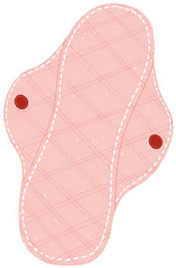
# Types of Menstrual Products



Disposable Menstrual Pads



Disposable Tampon



Reusable Menstrual Pads



Reusable Menstrual Cup



Reusable Pant

# How to properly use Disposable Products

**Step 1:**
**Wash your hands before and after changing your pad with soap and water.**



**Step 2:**
**Get a disposable product (pad, tampons) and pant.**



**Step 3:**
**Follow usage instrcution on the prodcut pack (as indicated by the product manufacturer)**



**Step 5:**
**Wear the pants up to the waist.**



# How to properly dispose used Menstrual Product

**Step 1:**
**Peel off used pads and fold neatly or carefully pull the string for tampons.**



**Step 2:**
**Carefully wrap the pad or tampon in a rough paper or black nylon.**



**Step 3:**
**Dispose into a designated trash can.**



**Step 4:**
**Don't flush pads and tampons down the toilet. They can block drains and harm the environment.**



# How to use Reusable Products

## Menstrual Cup

**Step 1:**
Wash your hands with mild soap and water before handling the cup.



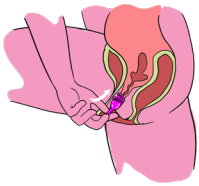
**Step 2:**
When using the cup for the first time, you can lubricate it with water or a water-based lubricant to aid insertion.



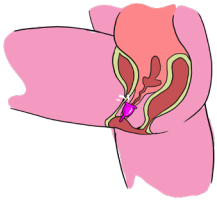
**Step 3:**
Fold the cup so that the rim makes a "C" or "U" shape. Hold the cup firmly with the hand you are the most comfortable with.



**Step 4:**
**You can insert the cup while sitting, standing or squatting; spreading your legs will facilitate insertion.**



**Step 5:**
**Push the cup slightly with your finger until the whole cup is inside including the stem.**



# How to use a Reusable Product

## Reusable Pad

**Step 1:**
Wash your hands with mild soap and water before using your reusable pad.



**Step 2:**
Choose the right reusable pad type in line with your flow e.g. light, mid or heavy flow.



**Step 3:**
Place the pad on your under pant. Pull the wings to the back of the pant and fasten the snaps to secure the pad.



# How to use a Reusable Product

## Period Wear

**Step 1:**
Wash your hands with mild soap and water before wearing your period wear.



**Step 2:**
Wear the period wear the same way you wear your under pant. Adjust for fit and comfort.



# How to properly clean Reusable Products

## Reusable Pad/ Period Wear

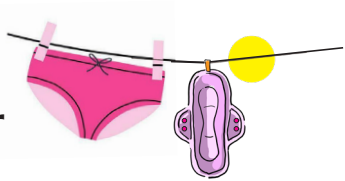
**Step 1:**
**Rinse off blood under running water or dip in a bowl or bucket to remove blood.**



**Step 2:**
**Gently wash with soap under running water or in a bucket.**



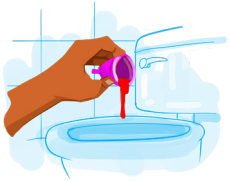
**Step 3:**
**Dry under the sun away from smoke and stagnant water or gutter.**



# How to properly clean Reusable Products

## Menstrual Cup

**Step 1:**
**Remove the cup and empty the blood into the toilet.**



**Step 2:**
**Rinse it out with clean water, and use a mild, oil-free, fragrance-free soap to give it a quick clean.**



**Once it's clean, you can reinsert the cup.**



# Period aren't a problem



**They are power.**
**Let's normalize the talk and**
**stand together for a CHANGE**

# The more you know your period, the more confident you are about it'

**Ask quetions.**
**Stay informed.**
**Support each other.**

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