



CLASS 12 BIOLOGY: HEALTH AWARENESS

Menstrual Hygiene

Safe Habits During Menstruation



The Importance of Care

Maintenance of hygiene and sanitation during menstruation is very important.

Proper care ensures personal comfort, maintains overall reproductive health, and prevents secondary infections.

Essential Cleanliness Habits



Take a bath
regularly



Clean yourself
thoroughly



Wash hands
with soap after
handling pads



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$$E=mc^2$$



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Choose Safe Absorbents



Sanitary Napkins

Standard commercial sanitary napkins.



Homemade Pads

Clean, reusable cloth pads.

Rule: Always ensure pads and napkins are completely clean before use.

Optimal Change Frequency

4-5 Hours

Change sanitary napkins or clean homemade pads after every 4-5 hrs as per the requirement.

Regular changing prevents bacterial growth, odor, and toxic shock syndrome.



Proper Disposal Protocol



1. Wrap Securely

Dispose of the used sanitary napkins properly by wrapping it with a used paper.



2. Bin It

Place the wrapped napkin securely into a designated waste bin.

DISPOSAL WARNINGS

Do not throw the used napkins in the following areas:

- ✗ Drainpipes
- ✗ Toilets
- ✗ Any open areas



Improper disposal causes severe plumbing blockages and environmental contamination.

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Clean regularly,
change pads on time,
dispose safely,
and wash hands with soap.



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