Here are some easy steps to follow so you can track your period using a simple calendar, diary, or piece of paper:

To measure the length of your period
Step 1: Mark down the first day that you bleed.
Step 2: Mark down the last day that you bleed.
Step 3: Repeat steps 1 and 2 for 3 months.
Step 4: Add the number of days you bleed for month 1, 2, and 3 and divide by 3 to calculate the average length of your period.

To measure your period cycle
Step 1: Write down the first day that you bleed.
Step 2: Write down the first day of your NEXT period.
Step 3: Count the number of days in-between the first days of your period for the two months.
Step 4: Estimate the first day of your next period (3rd month) by counting the same number of days between the first day of the 1st month and the first day of the 2nd month.

Happy & Healthy During Your Period

- Hand washing
- Wiping from front to back
- Washing vaginal area
- Painkillers
- Warm water bottle
- Relaxation
- Hygiene

Pain Relief
- Drink lots of water
- Stretching & physical exercise
- Clean & dry knickers
- Do not share reusable sanitary products

-Pain Management
If you have menstrual cramps, take some pain medication such as ibuprofen or paracetamol. For the best results, try to take these medications the day before your period is due to start or just as soon as bleeding or cramping starts.
If you do not want to or cannot use medication, heat can also help. Place a hot towel or hot water bottle on your lower back or tummy. You can also do some light stretches or other forms of exercise to relieve the pain.

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UNDERSTANDING YOUR PERIOD

What is a period?
Menstruation, or a period, is a very natural process that physically mature females go through every month. During menstruation, a female will typically bleed through her vagina for about 3 to 7 days.

How do periods happen?
Every month, a sexually mature female’s ovary releases an egg cell that travels towards the uterus through the fallopian tube. The uterus prepares for a possible pregnancy by developing a uterine lining made of tissue and blood vessels. This lining is called the endometrium.

If the egg is not fertilized and pregnancy does not occur, the uterine lining is shed and it exits the body through the vagina as a mixture of blood and tissue over a course of 3 to 7 days. This cycle is called a menstrual cycle and is generally 25 to 35 days long. The cycle starts over again with an egg that begins to mature in one of the ovaries.

PRODUCTS & SERVICES

Period Products
You can choose one of the following reusable products:
- The Menstrual Cup
- Reusable Pads
- Period Pants

Period Services
- Menstrual Health education
- Pain management education
- Pain management medication (Paracetamol and/or Ibuprofen)

REUSABLE SANITARY PAD

How to use one
Wash the pad before first use with cold water and soap. Dry the pads in the sun. You should aim to change your pad 2-3 times a day. Once used, fold the used pad following the ‘easy fold & carry’ instructions. The blood will be ‘packed’ inside the leakproof fabric and others will not be able to smell the pad. The plastic bag serves as extra protection.

Once used, rewash and reuse. Compare it to washing knickers and wearing them again.

The project will only replace the reusable pads every 12 months, unless damaged or lost. You need to bring in the reusable pads to show that they are damaged.

MENSTRUAL CUP

How to use one
Fold the cup as you insert it into your vagina. When removing, remember to squeeze the bottom part of the cup until you feel or hear the suction release. Then, gently rock the cup from side to side while pulling down. Make sure that you do not pull the cup out by the stem alone! It is important to relax.

When you have removed your cup, empty it into the toilet, and rinse it with water. If you do not have access to water, you can wipe it with some tissue or simply reinsert it directly after emptying it. Every month, make sure you boil your cup for 3-5min at the end of your period.

The project will only provide the cup once. It will only be replaced if it is lost or damaged.

MANAGING YOUR MENSTRUAL HEALTH

Taking care of your body

Tracking your period
This is an easy way to predict how long you will bleed for during your period and when you will next start your period.

This can help you prepare for your upcoming period every month and also alert you if you have missed your period (which may be a sign that you may be pregnant).