



Keep yourself healthy during your Period!

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How can **WOMEN WORKERS** keep themselves healthy during menstruation?

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Learn what to do for **YOUR PERIOD** and how to feel better:

- EAT THE RIGHT FOODS
- USE CLEAN CLOTH OR SANITARY PADS
- CHANGE CLOTHS OR PADS EVERY 2 TO 6 HOURS
- RELIEVE PAIN BY STRETCHING, A HOT COMPRESS, AND PAIN RELIEVERS
- DISPOSE OF WASTE PROPERLY

Talk to a health care provider you trust at your workplace or in your community

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