

# PERIODS DON'T PAUSE FOR **PANDEMICS**

HERE ARE **SOME TIPS** FOR MANAGING  
YOUR MENSTRUATION DURING  
COVID-19



1

## **KEEP IT NEAT!**

Menstruation is natural and healthy. It's important to take a few minutes daily for yourself to manage your menstruation.



2

## **RECHARGE WITH HEALTHY FOOD**

Keeping your body healthy and strong during menstruation is important. Eat iron rich foods like bananas, beans, meat and eggs.



3

## **HANDLING THE UPS AND DOWNS OF PERIODS**

Do you get menstrual cramps? Consider placing a hot water bottle or warm towel over your abdomen to relieve pain. Remember, stressful situations like COVID-19 can impact the flow and timing of your period.



4

## **ALWAYS REMEMBER**

Ask those you care for how you can best support their menstrual needs with dignity.



5

## **OUT OF MENSTRUAL PRODUCTS? NO PROBLEM!**

Millions of women are using reliable products like washable pads or menstrual cups as a longer-lasting option.

For more information on periods during pandemics or to learn how to sew an emergency menstrual pad, visit [daysforgirls.org](https://www.daysforgirls.org)  
[www.daysforgirls.org](https://www.daysforgirls.org)



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[@DfGGhana](https://twitter.com/DfGGhana) | [ghana@daysforgirls.org](mailto:ghana@daysforgirls.org)

DAYS FOR  
GIRLS