

# SELF CARE TIPS

ON MENSTRUAL HYGIENE MANAGEMENT (MHM)



## THE CHALLENGES:

## RECOMMENDED RESPONSE:

### 1 LACK OF SAFE AND PRIVATE SPACES FOR MHM

In emergencies, there is often poor access to safe, private and clean toilets and washrooms for changing and washing menstrual materials during the day and night.



### 2 LACK OF INFORMATION ON MHM

The absence of basic menstrual hygiene and health education poses challenges to healthy and hygienic MHM practices, including disposal.



### 3 EMBARRASSMENT AND ANXIETY

Bloodstains on clothing and worry about menstrual leaks prevent girls and women from daily activities (e.g. going to school, the market or distributions).



### 4 OVERCROWDING AND LACK OF PRIVACY

Lack of privacy in shelters makes it difficult to urgently change menstrual materials or clothing, especially at nighttime.



### 5 CULTURAL TABOOS OR RESTRICTIONS ON MHM

Cultural beliefs may limit the types of materials used and complicate how used materials can be disposed of or washed and dried.



### 1 CONSULT GIRLS AND WOMEN

Ask girls and women directly about their experiences and preferences with MHM.



### 2 PROVIDE MENSTRUAL MATERIALS & SUPPLIES

Distribute a range of essential menstrual materials (pads, cloth) and supplies (underwear, soap, bucket) and re-supply as needed.



### 3 PROVIDE SAFE FEMALE FRIENDLY FACILITIES

Ensure access to female friendly toilet and washing facilities that include locks, water, soap, gender separation and lighting.



### 4 PROVIDE APPROPRIATE DISPOSAL OPTIONS

Ensure that culturally and environmentally appropriate disposal and waste management systems are in place for menstrual waste.

### 5 PROVIDE INFORMATION ON MENSTRUATION

Demonstrate good menstrual hygiene practices and provide information on the basics of menstrual health.

