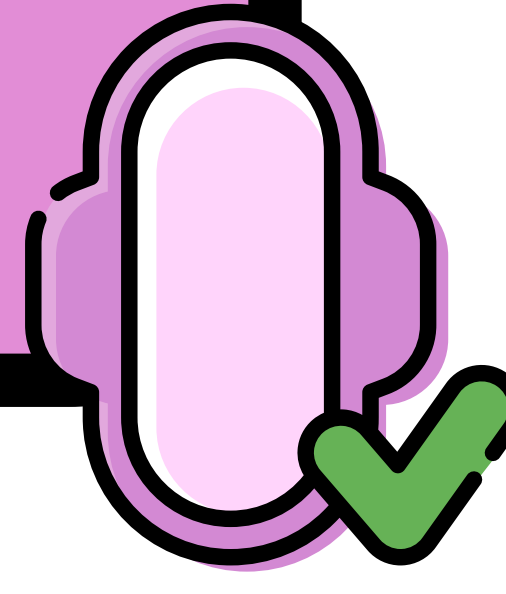


What is menstrual hygiene?



Menstruation, or a period, is the monthly shedding of the uterine lining in the absence of pregnancy. During this time, blood exits the body through the vagina.

Menstruation is completely natural. Practicing menstrual hygiene can help reduce the risk of infections and odors, and can increase comfort during a period. Here are some ways to maintain menstrual hygiene:

- Change pads every few hours, depending on flow.
- Clean cups/discs after every use, and sanitize after each cycle.
- Never wear a tampon for longer than eight hours.
- Wash hands before and after menstrual product use.
- Wash reusable period underwear once soiled.

What is the cost of menstruating?

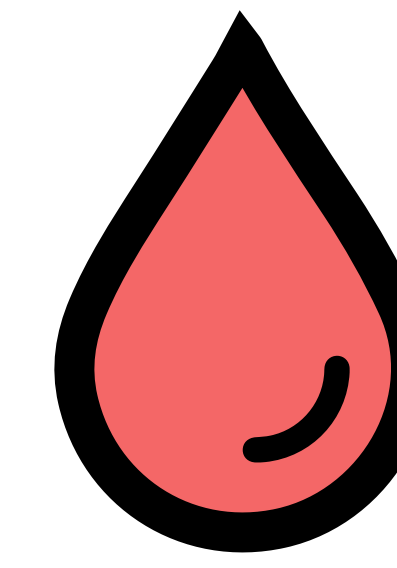


Pads and tampons: With 1 to 2 boxes used per cycle, \$3100 to \$6300 spent in a lifetime.

Period underwear: With a replacement every 50 washes, \$1700 spent in a lifetime.

Cups/discs: With a replacement every five years, \$315 spent in a lifetime.

Know the flow



How much do you know about menstrual health?
Put your knowledge to the test!

General

What is the average length of a complete menstrual cycle, in days?

What are the two main organs involved in menstruation?

Name three symptoms that may occur during a period.

On average, how much blood is lost during a period, in ml?

Period self-care

Name two common methods used to relieve period pain.

What are the benefits of physical activity during menstruation?

What kinds of foods should be avoided during menstruation?

How can one maintain emotional health while menstruating?

Menstrual hygiene

Which hygiene product was the first to be sold commercially?

How much blood can a regular daytime pad hold, in ml?

What are two benefits of using a menstrual cup or disc?

What are the four absorbency levels of pads and tampons?

What is period poverty?

Period poverty describes a lack of access to period products, menstrual hygiene education or sanitation facilities.

Canadians in urban centres can expect to spend up to \$6,000 on menstrual products in their lifetime, or \$12,000 for those in rural areas.

How is Ontario Tech fighting period poverty?

Ontario Tech Student Union (OTSU)'s Period Project

The OTSU started the Period Project to help students gain equitable access to period products. Students can access **free** products from:

Dispensers: Aunt Flow period product dispensers are in women's and gender neutral bathrooms on campus. They are stocked with pads and tampons, free of charge.

Period Bank: The OTSU has a stock of period product kits containing pads, tampons, cups and underwear. Students who register can pick up a free kit once a month at OTSU offices at both the north Oshawa and downtown Oshawa campus locations.