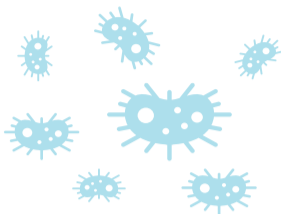
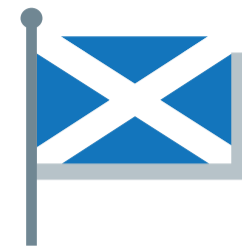


USING THE TOILET



TOILETS HAVE BEEN AN IMPORTANT ASPECT OF OUR LIFE THROUGHOUT HISTORY. IT IS UNCLEAR WHO FIRST INVENTED THE TOILET, BUT EARLY CONTENDERS INCLUDE AN ANCIENT SETTLEMENT IN SCOTLAND DATING BACK TO 3000 BC AND A PALACE IN CRETE BUILT AROUND 1700 BC.



TOILETS SAVE LIVES! WITHOUT TOILETS, DEADLY DISEASES SPREAD RAPIDLY.



AVOIDING GOING TO THE TOILET AFFECTS THE BODY. SYMPTOMS MAY INCLUDE PAIN, DIFFICULTY CONCENTRATING IN CLASS AND INCREASED RISK OF PROBLEMS WITH YOUR BLADDER AND BOWEL.



GO TO THE TOILET EVERY DAY MORE THAN ONCE, WHENEVER YOU FEEL THE NEED. THIS WILL HELP YOU GET RID OF TOXINS AND WASTE FROM YOUR BODY.



DO NOT HOLD IN THE NEED, EVEN AT SCHOOL, OR IT WILL INCREASE THE RISK OF PAIN OR INFECTIONS AND IT COULD BECOME DIFFICULT TO POO REGULARLY.



DEFECATE AT LEAST FOUR TIMES A WEEK. IF YOU ARE NOT ABLE TO DO SO, TELL YOUR PARENTS.



WHEN AT THE TOILET FOLLOW THESE STEPS.



SIT DOWN OR CROUCH COMFORTABLY AND RELAX, TAKE YOUR TIME AND DO NOT PUSH, SQUEEZE OR STRAIN WHEN YOU WEE OR POO. WAIT UNTIL YOU HAVE EMPTIED YOUR BLADDER (WEE) AND BOWEL (POO) FULLY.



FOR GIRLS - ALWAYS WIPE FROM FRONT TO BACK.



DO NOT THROW ANYTHING OTHER THAN TOILET PAPER IN THE TOILETS. DISPOSE OF HYGIENE PRODUCTS AND OTHER WASTE IN THE DEDICATED BINS.



KEEP THE TOILET BOWL CLEAN BY FLUSHING AFTER USE AND USING THE TOILET BRUSH: THIS WILL MAKE YOUR FRIENDS AND SCHOOLMATES FEEL MORE COMFORTABLE USING THE TOILETS.

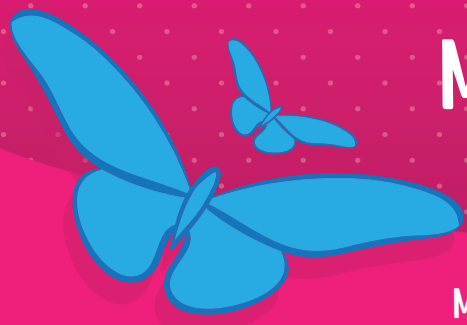


WASH YOUR HANDS WITH WATER AND SOAP BEFORE AND AFTER USING THE TOILET: THIS WILL HELP KEEPING YOU AND YOUR FRIENDS HEALTHY, BREAKING THE CHAIN OF INFECTION.



TELL SCHOOL STAFF ABOUT ANY ISSUES YOU FIND IN THE TOILET: THIS WILL HELP KEEP THE TOILETS AN ADEQUATE AND COMFORTABLE SPACE TO MEET YOUR NEEDS.





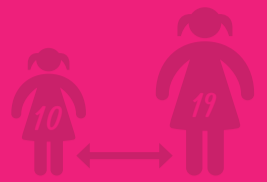
MENSTRUAL HYGIENE MANAGEMENT

MENSTRUATION IS NORMAL! IT IS A NATURAL PROCESS FOR ALL GIRLS AND WOMEN.

GIRLS TYPICALLY START EXPERIENCING PERIODS BETWEEN THE AGES OF 10 AND 19.

THE MENSTRUAL CYCLE IS USUALLY AROUND 28 DAYS BUT CAN VARY FROM 21 TO 35 DAYS.

MANY WOMEN AND GIRLS SUFFER FROM PERIOD PAINS SUCH AS ABDOMINAL CRAMPS, NAUSEA, FATIGUE, FEELING FAINT, HEADACHES, BACKACHE AND GENERAL DISCOMFORT.



FOR BOYS



RESPECT GIRLS DURING THEIR PERIOD: JOKES WILL AFFECT THEIR CONFIDENCE AND MAY MAKE THEM WITHDRAW FROM PARTICIPATING IN THEIR USUAL ACTIVITIES.



LEARN WHAT MENSTRUATION MEANS FOR THE GIRLS AROUND YOU BY ASKING FEMALE FAMILY MEMBERS, TEACHERS OR FRIENDS, WHILE MAKING SURE THAT THEY ARE COMFORTABLE TO HAVE SUCH CONVERSATIONS WITH YOU.



SUPPORT GIRLS SUFFERING FROM PERIOD PAINS BY HELPING THEM WITH THEIR CHORES OR DUTIES.



FOR GIRLS



EAT IRON-RICH FOOD (LIKE MEAT, EGGS, BEANS, LENTILS AND GREEN LEAF VEGETABLES) DURING MENSTRUATION TO PREVENT IRON DEFICIENCY.



MENSTRUAL PAIN CAN BE MANAGED BY EXERCISING, WARMTH AND DRINKING PLENTY OF WATER.



MAKE SURE TO KEEP HEALTHY DURING YOUR PERIOD WITH THESE STEPS.



CAPTURE MENSTRUAL BLOOD WITH THE RIGHT MENSTRUAL HYGIENE PRODUCT: USE COTTON FABRIC, SANITARY TOWELS/PADS PLACED ON YOUR UNDERWEAR OR TAMPONS OR A MENSTRUAL CUP INSIDE YOUR VAGINA.



CHANGE THE MENSTRUAL HYGIENE PRODUCT EVERY 2-6 HOURS OR MORE FREQUENTLY IF YOU THINK THAT THE BLOOD FLOW IS GETTING HEAVY.



PUT A REUSABLE HYGIENE PRODUCT MADE OF COTTON INTO A PLASTIC BAG AFTER USE UNTIL YOU CAN WASH IT, THEN WASH IT WITH DETERGENT, DRY IT IN THE SUN OR IRON IT.



DISPOSE OF NON-REUSABLE MENSTRUAL HYGIENE PRODUCTS BY WRAPPING THEM IN PAPER OR A SANITARY BAG AND THROW THEM IN A BIN WITH A LID. DO NOT THROW THEM IN THE TOILET.



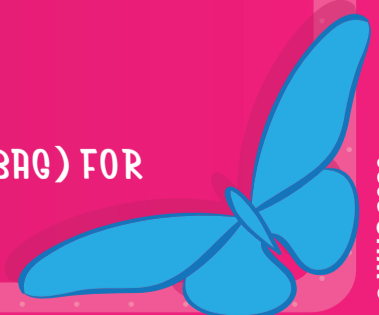
WASH YOUR PRIVATES AT LEAST TWICE A DAY DURING YOUR PERIOD, CLEANING FROM FRONT TO BACK. AVOID GETTING SOAP INSIDE YOUR VAGINA.



WASH YOUR HANDS WITH WATER AND SOAP BEFORE AND AFTER USING THE TOILET.



KEEP UNUSED MENSTRUAL HYGIENE PRODUCTS CLEAN (WRAPPED IN TISSUE OR A PLASTIC BAG) FOR FURTHER USE.



HYDRATION

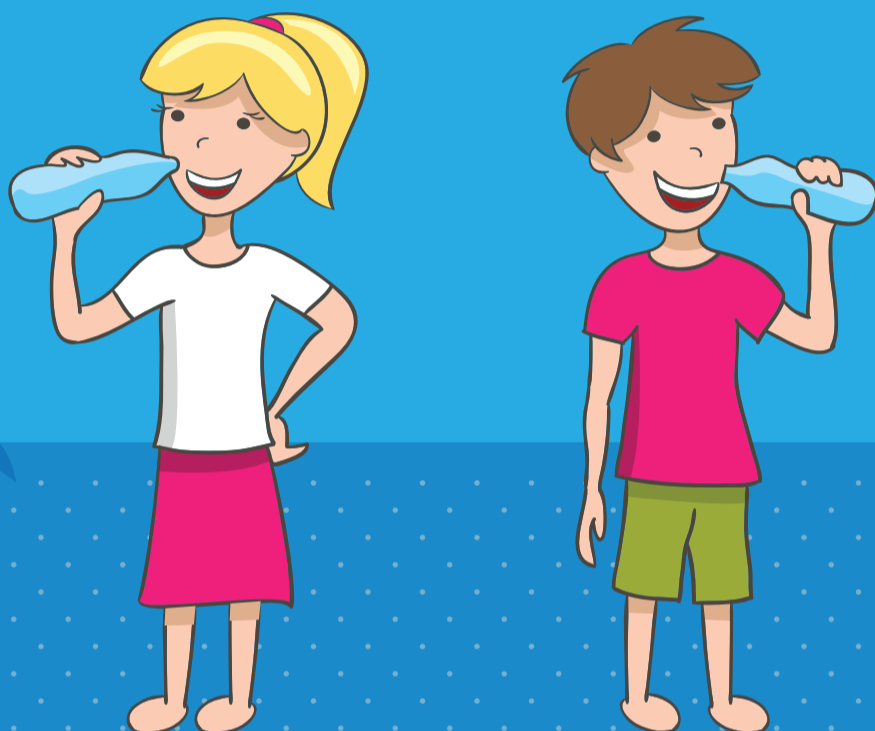
OUR BODY IS MOSTLY MADE OF WATER: FOR EXAMPLE, OUR BRAIN AND HEART ARE 73% WATER.



WATER IS VITAL FOR ALMOST EVERY FUNCTION IN THE BODY. DRINKING WATER BALANCES THE FLUIDS LOST DURING DAILY ACTIVITIES.



SYMPTOMS OF DEHYDRATION ARE TIREDNESS, DRY MOUTH, THIRST OR HUNGER AND HEADACHE.



DRINK AT LEAST 6-8 GLASSES OF WATER THROUGHOUT THE DAY. REMEMBER TO DRINK IN THE MORNING AND AT REGULAR INTERVALS: THIS WILL HELP YOU CONCENTRATE AND MEET YOUR BODY'S WATER REQUIREMENTS. WATER IS ONE OF THE HEALTHIEST WAYS TO HYDRATE, AS IT HAS NO CALORIES OR SUGAR.



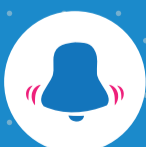
AVOID SUGAR-SWEETENED DRINKS, SPORT DRINKS, ICED TEA AND OTHER SWEET DRINKS. THIS WILL HELP YOU STAY HEALTHY WITHOUT GAINING WEIGHT AND WILL PREVENT PAINFUL TOOTH DECAY.



FOODS CAN HELP YOU TO HYDRATE TOO: EAT PLENTY OF FRUIT AND VEGETABLES.



MONITOR CHANGES IN YOUR HYDRATION STATUS BY CHECKING THE COLOUR OF YOUR URINE. DARK YELLOW URINE MEANS YOUR BODY NEEDS WATER.



REMEMBER AND REMIND YOUR FRIENDS TO DRINK WATER AFTER EXERCISING OR AFTER SPENDING TIME IN HOT AND DRY WEATHER.



HANDWASHING TECHNIQUES

WASHING YOUR HANDS IS ONE OF THE EASIEST WAYS TO PROTECT YOURSELF AND YOUR FRIENDS AND FAMILY FROM ILLNESSES SUCH AS DIARRHOEA, COLD AND FLU.



THE TECHNIQUE YOU USE FOR WASHING YOUR HAND IS VERY IMPORTANT. RUBBING WITH SOAP AND WATER DETACHES THE GERMS FROM THE HANDS, THEN RINSING UNDER RUNNING WATER AND DRYING HANDS ARE ALSO IMPORTANT TO REMOVE THE GERMS.



HOW TO WASH YOUR HANDS IN FIVE EASY STEPS.



WET HANDS WITH WATER.



APPLY ENOUGH SOAP TO COVER ALL HAND SURFACES.



RUB. →



RINSE HANDS WITH WATER.



DRY HANDS THOROUGHLY WITH A CLEAN SINGLE-USE TOWEL.

PALM TO PALM



WRISTS



BACK OF HANDS

FINGERTIPS



BETWEEN FINGERS

THUMBS



BACK OF FINGERS



USE ALCOHOL-BASED HANDRUB IF YOU DO NOT HAVE IMMEDIATE ACCESS TO SOAP AND WATER.



PROPER HANDWASHING SHOULD LAST 20-30 SECONDS. HUM THE "HAPPY BIRTHDAY" SONG TWICE WHILE WASHING TO KNOW YOU HAVE TAKEN LONG ENOUGH.



HAND HYGIENE

WASHING YOUR HANDS IS ONE OF THE EASIEST WAYS TO PROTECT YOURSELF AND YOUR FRIENDS AND FAMILY FROM ILLNESSES SUCH AS DIARRHOEA, COLD AND FLU.

HANDWASHING HELPS YOU TO STAY HEALTHY AND ATTEND SCHOOL.

MANY SORTS OF ILLNESSES CAUSED BY INFECTION ARE TRANSMITTED BY BACTERIA, WHICH CAN EASILY GET FROM YOUR HANDS TO YOUR MOUTH AND FACE.

GERMS LIKE WET AND WARM ENVIRONMENTS, LIKE YOUR HANDS.



WASH YOUR HANDS WITH SOAP AND WATER:



WHEN HANDS ARE VISIBLY DIRTY



BEFORE AND AFTER USING THE TOILET



BEFORE AND AFTER PREPARING FOOD



BEFORE EATING FOOD



BEFORE AND AFTER CARING FOR SOMEONE WHO IS SICK



AFTER BLOWING YOUR NOSE, COUGHING OR SNEEZING



AS SOON AS YOU ARRIVE AT SCHOOL OR BACK HOME



ONCE YOU'VE FINISHED WASHING, DRY YOUR HANDS WITH A CLEAN PAPER TOWEL OR COTTON ROLL. THIS WILL FURTHER CLEAN YOUR HANDS AND REDUCE THE PROBABILITY OF RE-CONTAMINATION.



WHERE SOAP AND RUNNING WATER ARE NOT AVAILABLE, USE AN ALCOHOL-BASED HANDRUB OR HAND SANITIZER.