

# Menstrual Hygiene Management

## What are the options, and do they ensure dignity?



### Commercial Pads

Key: Yes No

Requires: Adequate disposal & hand-washing facilities  
Access: Widely available, expensive  
Single use - most contain plastic & chemicals & take 500-800 years to break down



### Tampons

Requires: Adequate disposal & hand-washing facilities  
Access: Widely available, expensive  
Single use - 6-12 months to break down, cultural taboos associated



### Washable Pads

Requires: Stigma-free washing & drying facilities, clean water, unscented soap  
Access: Fairly difficult to find, medium once-off cost  
Reusable for up to 4 years (rotation of 10 pads)



### Period Underwear

Requires: Stigma-free washing & drying facilities, clean water, unscented soap  
Access: Fairly difficult to find, expensive once-off cost  
Reusable for up to 2 years (rotation of 3-4 pairs)



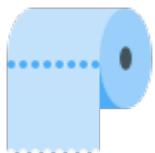
### Menstrual Cup

Requires: Stigma-free sterilising facilities, clean water, unscented soap  
Access: Fairly difficult to find, expensive once-off cost  
Reusable for up to 4 years, cultural taboos associated



### Environmentally Friendly Pads

Requires: Adequate disposal and hand-washing facilities  
Access: Difficult to find, often expensive  
Single use - plant-fibre, plastic free pads decompose in under 6 months



### Toilet Paper / Tissue / Old Cloth

Requires: Adequate disposal facilities, hand-washing facilities  
Access: Easy to find, cheap  
Improvisation - Low absorbency & can be unhygienic / harmful



### Grass / Corn Cobs / Dung

Access: Easy to find, free  
Improvisation - Cause discomfort / irritation & can be unhygienic or harmful, low absorbency, seen as socially unacceptable

Sign the petition calling for free, environmentally sustainable sanitary wear for all who need it! <https://bit.ly/2RkH0vq>

[www.sexrightsafrika.net](http://www.sexrightsafrika.net)



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