

period PREP

KEEP TRACK

- Keep track of your period through apps like “Clue” or “Flow”, or on a calendar.
- Help yourself be prepared for your cycle (know when you will likely get it!).

ALWAYS HAVE

- Pads, Tampons, Menstrual Cup.
- Spare pair of underwear.

HOW OFTEN?

- Change your pad/ tampon/ Menstrual cup every **4-8 hours** to reduce risk of Toxic Shock Syndrome (TSS).

TIPS FOR PAIN & SYMPTOMS

- Use a heating pad: place on lower abdomen (Hot water bottle also works well!).
- Walking and light exercise.
- Eating smaller meals (reduces stomach swelling and soreness).
- Rest & Relax: Elevate your legs, or lay on one side with your knees bent.
- Lightly massage your lower stomach.
- Drink warm drinks (herbal teas are great!)

period MYTHS



“All periods last a week.”



The average menstrual cycle is 24-38 days.
The typical period lasts 4-8 days.

“You should dismiss your feelings on your period. You’re just overreacting.”



Most people who menstruate experience symptoms such as mood swings, heightened emotions, etc.

“Having your period doesn’t affect your schooling.”



1 in 4 teens in the U.S. have missed class due to a lack of period products.

“People who menstruate get their period in high school.”



The average age for starting your period is 12 years old.

“Period products are not taxed.”



26 states tax period products. PA does **not**.

“Everyone can afford period products.”



2 in 5 women struggle to purchase period products due to a lack of income.

