

Anya: Hi again!! My name is Anya. In this video, we are going to be teaching you how to be clean and infection-free during your period. Keeping clean is probably one of the most important things that we can do to avoid sickness. Luckily, it's fairly simple! Let's get started.

Aneri: The first way to keep clean during your periods is to make sure you are prepared when it comes. Keeping a calendar is helpful in recording the average length of your cycle, and it is always helpful to keep a pad handy in your school bag in case it comes earlier or later than you thought it would.

Anya: Next, we want to ensure that the pads we use are clean. In your hygiene kits, you have been given the reusable pads, a storage bag, soap, a washing bucket, drying rack, and some underwear. Let's walk through the steps on how make sure the pad is the cleanest it can be.

Aneri: Let us start with when you first wear the pad. Make sure that whenever you open or touch the pad that you are going to wear, your hands are clean. Your hands are everywhere-- whether it's handling soccer balls while playing, or writing notes at school. Your hands can pick up many germs, and if they are not washed, those germs could be transferred to your pad or genitalia and may cause infections. There is a simple way to avoid all of that, and that is by washing your hands before putting on your pad.

Anya: What are germs, and how can they cause infection? Germs are very small living things. They are so small that we cannot see them with our own eyes, but we can see them with a microscope. These germs can come into our body through our mouth, nose, ears, or any opening and cause infections in your body. Germs are everywhere, but the best way to avoid germs coming into your body and causing sickness is by washing your hands!

Aneri: When you open the pad with your clean hands, make sure the pad itself is also clean and does not touch any other surface other than your hands and your underwear. With the new changing stations that are being built, having a clean place to change your pad will be easier. Now, let's talk about how to keep the pads clean after they have been used for the day. Washing the reusable pads as carefully and completely as possible is very important because it gets rid of the germs that we talked about. Also, cleaning the pad is important so you can use it the very next day.

Anya: The first step to cleaning your pads is taking the wash bin that you have and filling it almost to the top with cold water. We use cold water because it makes it easier to get rid of the blood stains on the pad. It is fine if the water is not very cold, but try to avoid to use warm water or water that has been boiled because otherwise the pads will permanently stain.

Aneri: Also, make sure that every time you wash a used pad, you change out the water in the bucket. We cannot reuse water that we have used to wash other pads from other days because that water carries infectious germs and would not clean a pad.

Anya: Now, take the pad that you have used and put in the bucket. Let the pad soak in the cold water for about five to seven minutes. After it has been soaked, wring the pad out so it is not dripping wet. Take the bar of soap and wash the pad until all the blood has been removed.

Aneri: Once all of the blood stains are gone from the pad, it's clean! The last step is to place it on drying rack. Make sure that the pad does not touch any other place other than your hands while you are moving it to the drying rack. If the wet pad touches the ground, the pad will become dirty again because the dirt sticks on wet surfaces. If this happens, we have to wash the pad all over again. So make sure that the pad doesn't touch the ground or any other dirty surface.

Anya: The ideal place for the drying rack would be somewhere in the sun. Not only does the sun help the pad dry faster, but the sun also kills any remaining germs on the pad. Make sure that the pad is completely dry before you use it again.

Aneri: The water that you have used to wash the pad should be disposed properly to prevent the spread of any germs. Your pad is now clean, germ-free, and ready to be used again!

Anya: Lastly, let's talk about how to keep our bodies clean during our periods. First, it is important to change our pads about twice a day, depending on how heavy the flow is. Using a pad that is already filled with blood can cause leaking because it is already filled to the maximum capacity. To avoid this, change your pad when it feels full! This is a simple way to stay and feel clean down there. In the nights, it is sometimes helpful to get up and change your pad, or sleep on a washable towel just in case leakage occurs.

Aneri: Another easy thing you can do during your period to remain clean is to bathe every day. While bathing, make sure to clean your vulva and surrounding areas with water and a little bit of soap to make sure that it remains germ-free and no dried blood stays in your pubic hair.

Anya: Just to recap, always make sure to wash your hands before changing your pads to avoid germs that can cause infections. When cleaning the pads, use cold water and soap and dry it in the sun. Lastly, make sure to scrub yourself properly while bathing to stay clean during your monthly cycle. We hope this video helped you and hope to see you in the next video!!