

Fact Sheet - Swahili

HEDHI NA JINSI YA KUKABILIANA NA HALI HII

Menstruation (Periods) And How You Can Manage It



Je Hedhi Ni Nini?

Hedhi ni baadhi ya mabadiliko katika mwili wa wanawake ambayo hutayarisha nyumba ya uke kupata ujauzito. Kila mwezi mji wa uzazi hupata kokwa ambapo mwanamke akipata ujauzito, mtoto ataweza kukuwa.. Mwanamke asipo pata ujauzito, kokwa haitajiki na damu itatokea ukeni- damu anayoipata mwanamke ambaye hana ujauzito ni hedhi. Hapa Australia wanawake wengi husema wamepata 'hedhi'.

Hufanyika Lini?

Wanawake wengi walio komaa hupata hedhi. Wasichana hupata hedhi zao kati ya miaka 9 na miaka 16. Wanawake huacha kupata hedhi wanapotimia miaka 50. Hedhi huchukua siku tatu hadi saba kila mwezi. Wanamake wengine hupata hedhi nyepesi, wengine nzito na za uchungu. Ukiona tatizo juu ya hedhi, muone daktari au kituo cha upangaji wa uzazi.

Jinsi ya kukabiliana na uchungu wa hedhi.

Baadhi ya wanawake huwa na uchungu mwingi sana kwas siku moja au mbili wakati wa hedhi. Anaweza kutumia dawa za kupunguza uchungu kama ibuprofen au paracetamol. Pia anaweza kutumia chupa ya maji moto mahali penye uchungu na amuone daktari au apate usaidizi kwa kituo cha kupanga uzazi jinsi ya kumudu uchungu.

Kukabiliana Na Hedhi.

Mwanamke akiwa na hedhi anapaswa kutumia visodo au pedi kuzuia damu. Pedi zimeundwa na vifaa vya laini zinazo nyonya damu. Pedi hupachikwa na kukwama ndani ya chupi. Pedi zipo za ukubwa tofauti ili kumsaidia yeyote mwenye hedhi nyepesi au nzito.

Kunao wanawake ambao hupenda visos kushinda Pedi.

Sodo ni kifaa chenye umbo la mche kitumiwacho na wanawake sehemu za ukeni ili kuzuia damu wakati wa hedhi.

Sodo huwa na uzi unaosaidia kuvutwa nje kwa urahisi. Unapaswa kubadilisha sodo na pedi mara nne kwa siku au zaidi kutegemea na uzito wa hedhi. Unapobadilisha, ifunge kwenye shashi kisha uweke kwenye jaha. Usiwahi kutupa sodo kwenye vyoo vya maji kwa sababu vitaziba.

Usafi

Nawa mikono kila baada ya kubadilisha sodo au pedi. Ni muhimu kuoga kila mara wakati wa hedhi. Waweza kuogelea mradi utumie sodo.

Waweza Pata Wapi Sodo Na Pedi?

Waweza kununua sodo na pedi katika duka la dawa, duka kuu, au maduka ya kawaida.

Kwa Maelezo Zaidi

- Wasiliana na upangaji uzazi NSW Simu 1300 658 886 au www.fpnsw.org.au/talkline
- NRS (viziwi) 133 677
- Au tembelea kituo kituo cha upangaji uzazi kilicho karibu nawe.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [duka la vitabu](#)

huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shirikia isiyo ya faida inayofadhiliwa na wizara ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kuchapishwa. Watu wenye wana wasiwasi kuhusu suala la afya yao ya uzazi au ngono wana hamasishwa ama kutiwa moyo kutafuta ushauri na usaidizi kutoka kwa huduma ya afya au kutembelea kliniki ya upangaji uzazi
Marejeleo: Julai 2014 / FPNSW 07/14

Fact Sheet - English

MENSTRUATION (PERIODS) AND HOW YOU CAN MANAGE IT



What Is Menstruation?

Menstruation happens as part of the changes in a woman's body that prepare her uterus (womb) for pregnancy. Each month the lining of the uterus thickens with blood so that if she becomes pregnant the baby will be able to grow there. If the woman is not pregnant a thickened lining is not needed, so the blood flows out of her vagina over several days each month – this is called menstruation. In Australia, most women just say they are having their 'periods'.

When Does It Happen?

Most women have periods. Girls usually start having periods when they are between 9 and 16 years old. Women stop having periods when they are about

50 years old. Generally periods last for about three to seven days each month. Some women bleed a lot and others have light periods. Some have painful periods, and others don't have any pain. If you are worried about your periods, visit your doctor or Family Planning clinic.

Managing Period Pain

Some women get period pains or cramps for a day or two when their period starts. If this happens, taking ibuprofen or paracetamol tablets can help. Lying down with a heat pack or hot water bottle on the painful area can also help and you could also see your doctor or Family Planning clinic for more advice on how to manage painful periods.

Managing Periods

When a woman has a period she needs to use a sanitary pad or a tampon to catch the blood. Sanitary pads are made of a soft material that absorbs the blood. A pad has an adhesive strip that sticks inside underwear to help it stay in place. Pads come in different sizes such as super for heavy days – often at the beginning, and regular – for general use.

Some women like to use tampons instead of pads.

A tampon is a small cylinder of absorbent material that a woman can put in her vagina to soak up the blood.

A tampon has a string attached to it so that it can be pulled out easily.

You should change pads and tampons at least four times a day, or more often if you bleed a lot. When you change the pad or tampon, wrap it in toilet paper and put it in a bin. Never put pads or tampons down the toilet as they can block the plumbing.

Hygiene

Always wash your hands before and after changing pads or tampons. It is important to bathe or shower regularly when you have a period. You can swim as well if you want to, as long as you use a tampon.

Where Can You Get Pads And Tampons?

You can buy pads and tampons at a pharmacy, a supermarket, or a corner shop.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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