

Stay safe in a shelter.

It may be hard to find space in a disaster shelter that is safe and clean for managing your period. If these things or anything else you experience make you feel uncomfortable, unsafe, or embarrassed, ask a parent, trusted adult, or shelter staff to help you.

Stay healthy during your period.

Wash your hands with soap and clean, running water before and after using a period product and the bathroom. Use hand sanitizer if you can't find soap or clean, running water.

Change your period product every few hours or when it is dirty.

Wrap used disposable period products or place them in a bag and then throw them in the trash. Don't flush or reuse dirty period products.

Clean and dry reusable period products after each use.

Store your period products in a clean and dry place.

No period products? Ask others if you need period products.

You can make a pad

1. Find clean material: Cloth (T-shirt, towel), soft absorbent material gauze, cotton balls, cotton rounds), toilet paper, or paper towels.
2. Fold it to fit in your underwear.
3. Hold it in place by wrapping it with toilet paper or more material. For cloth, change every few hours or when it is dirty.
4. Wash cloth material with soap and hang dry. For disposable paper products, throw in the trash and replace with clean material.

Add period supplies to your emergency kit.

These supplies will keep you prepared for getting your period during a natural disaster. Adapt this list to your needs.

- ☐ Period products for 2 cycles
- ☐ Soap, hand wipes, or hand sanitizer
- ☐ Clean underwear
- ☐ Over-the-counter pain relievers or other items for pain relief
- ☐ Snacks or other comfort items

Choose any type of period product, such as **sanitary pads, tampons, menstrual cups, menstrual discs, or period underwear.**



Take care of yourself, even in small ways.

Try calming breaths or other ways to relax.

Get active with gentle exercises like walking or stretching.

Connect with friends and family.

Take breaks from news and social media.

Drink water and eat regularly. Ask for a snack if you need one.

Try to get good sleep.

You can also call or text the Disaster Distress Hotline: 1-800-985-5990.

How to Manage Your *Period* During a Natural Disaster

Natural disasters are stressful. It is normal to feel anxious, scared, or overwhelmed. Having your period during a natural disaster can add to that stress.

This booklet will help you prepare for getting your period during a natural disaster.



How to fold the zine.

1. Fold the paper in half (hot dog style, joining the blank sides).
2. Open it back up and fold it in half the other way.
3. Open it back up and fold sides into center. This gives you 8 rectangles.
4. Fold the paper in half and cut along the center fold on the dotted line only.
5. Open the paper and push in from both ends.
6. Push the sides together.
7. Fold the panels so it shows the cover on the outside.
8. Your zine is ready!

We need to support each other, especially during tough times. Ask for help when you need it. And you can help others by sharing these practical tips, sharing supplies, or just being there to listen. These steps can make a big difference.

For more information on coping after a natural disaster, visit <https://www.cdc.gov/natural-disasters/teens/index.html>. For more information on staying healthy during your period, visit <https://www.cdc.gov/hygiene/about/menstrual-hygiene.html>.