

Ikura

Manaakitia te whare tangata
Period Products in Schools

Periods are part of life.

Ikura products are
free at your school.



TAKING CARE OF YOUR 

WELLBEING

IS IMPORTANT

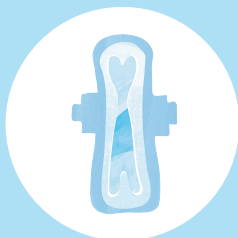
WHEN ON YOUR

PERIOD

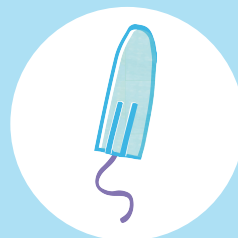
HELPFUL HYGIENE TIPS



WASH HANDS
before and after use.



CHANGE PADS
every 3-4 hours. Higher
absorbency pads may be
required overnight.



CHANGE TAMPONS
every 3-4 hours.
NEVER leave a
tampon in overnight.



DISPOSAL
Always place used items in
disposal bins. **NEVER** flush pads
or tampons down the toilet.