

Ikura

Manaakitia te whare tangata
Period Products in Schools

Pā mai ai te rerenga
ikura ki te wahine.

Kāore he utu mō ngā
hua Ikura i tō kura.

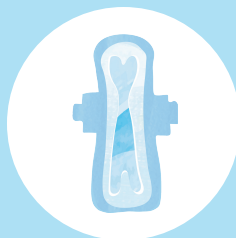


HE MEA NUI
TE TIAKI I TŌ 
ORANGA
INA PĀ MAI TŌ
RERENGA IKURA

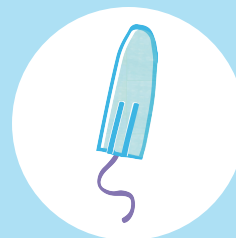
NGĀ ĀWHINA TIKANGA AKUAKU WHAITAKE



**HOROIA Ō
RINGARINGA**
i mua me muri o
tō whakamahi.



**HOATU HE KOPE
RERENGA IKURA HOU**
i ia 3–4 haora. Me whiwhi
kope nui ake pea mō te pō.



**HOATU HE
PURU TAIAWA**
i ia 3–4 haora. KAUA
rawa e waiho he puru
taiawa i te pō.



TE WHAKAWĀTEA
me rau ngā para ki ngā rau
para. KAUA RAWA e tuku i
ngā kope rerenga ikura, puru
taiawa rānei ki te pae hamuti.