

SAFETY MEASURES FOR PLAYING SPORTS DURING PERIODS



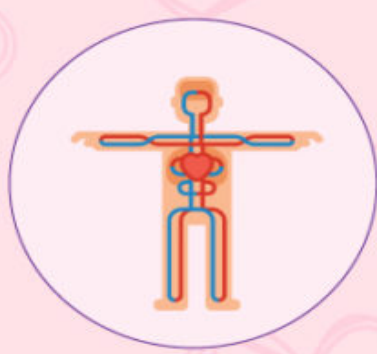
Consider using a menstrual cup, tampons, or period underwear.



Maintain ample hydration and eat nutritious and well-balanced meals.



Wear dark-colored outfits if they make you feel more comfortable.



Listen to your body, and do not overexert.



Check with your doctor to learn about safe menstrual cramp relief measures.



If you have a big game coming up, ask your doctor if they can prescribe you hormone pills to postpone or advance your periods. Do not take non-prescription medicines, as they may adversely affect your health.

