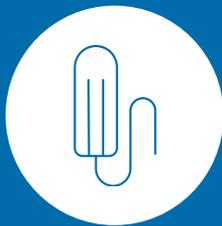


# CAN I SWIM DURING MY PERIOD?

Low-intensity exercise such as swimming can actually help to relieve menstrual cramps and ease the fatigue that some may feel during their monthly period.

Swimming during your period is safe, with the recommended use of period care products. There is no increased risk of infection to yourself or other swimmers while you are menstruating, as swimming pools are treated with chemicals to protect against bodily fluids (such as sweat, urine and blood).

When it comes to the best period care products to use when swimming, it really comes down to personal preference. However, menstrual pads and pantyliners cannot be used when swimming, as the water stops them from absorbing menstrual blood.



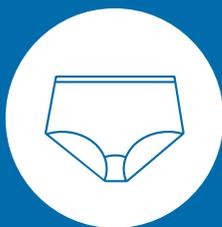
## TAMPONS

Tampons are made from soft materials such as cotton and are inserted into the vagina to collect and absorb any menstrual flow. If you wear a tampon while swimming, make sure to change it after you exit the water and dispose of it in the sanitary disposal bins provided in the toilet facilities.



## MENSTRUAL CUPS

A menstrual cup is a reusable, small funnel-shaped cup that is made of medical-grade silicone or latex rubber, that is inserted in the vagina to collect menstrual blood. It is worn completely internally and will create a seal preventing menstrual flow from leaking out or water leaking in.



## PERIOD-PROOF SWIMWEAR

Waterproof, absorbent swimwear looks like normal swimwear but has a hidden and leak-proof lining that helps absorb menstrual blood as well as a water-repellant outer layer. Rinse your period-proof swimwear in cold water after use and wash thoroughly when you get home, hanging it in the shade for drying.

Period care products such as tampons, menstrual cups and period-proof swimwear are very discrete.

If you have any questions or concerns, we recommend speaking to your GP or contacting Monash University Health Services.