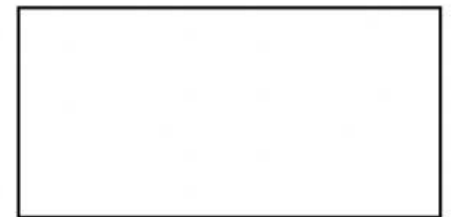
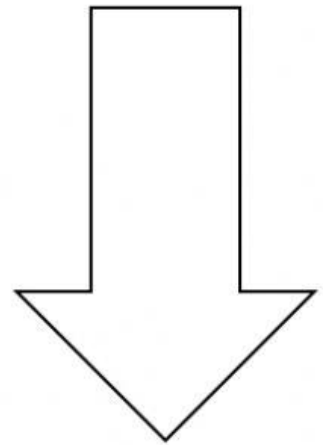
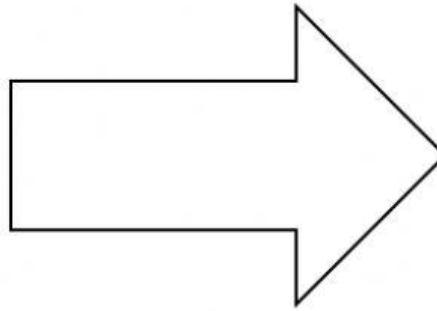
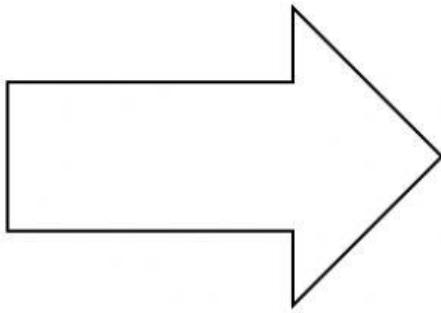
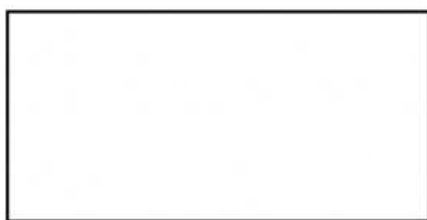
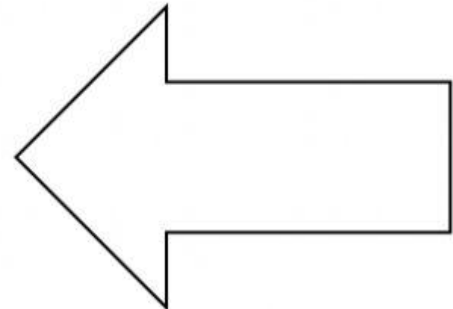
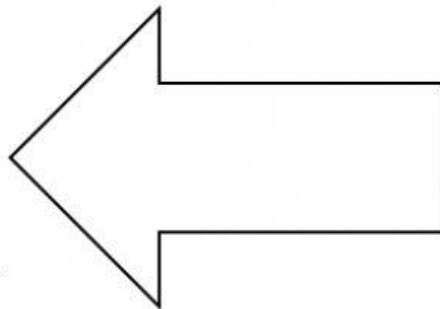
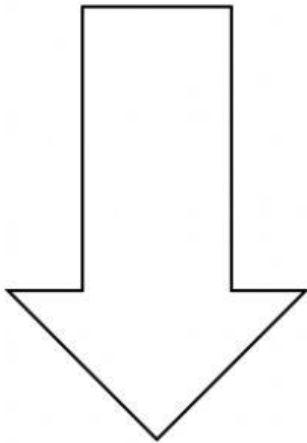


SUSUN MENGIKUT URUTAN.

MENJAGA KEBERSIHAN DIRI KETIKA HAID.



MENJAGA KEBERSIHAN DIRI KETIKA IHTILAM



Menukar
baju.

Mandi dan
membersihkan
diri.

Membasuh
dan menukar
cadar.

Mandi dan
membersihkan
diri.

Menjaga
kebersihan
pakaian dalam.

Cuci tangan
selepas membuang
tuala wanita.

Buang tuala
wanita
ke dalam
tong sanitari.

Kerap
tukar tuala
wanita jika
pendarahan
banyak.