Creating a supportive environment for people with incontinence and menstruating women and girls to manage their incontinence or menses – hygienically, safely, in privacy and with dignity

- Private place to change and bathe, through appropriate, accessible and well-maintained water supply, sanitation and hygiene facilities (gender-segregated if communal or public + with locks on doors)
- Knowledge and information on menses and good MHM / incontinence practices & opportunities for discussion
- Available, appropriate & affordable sanitary protection & incontinence materials and associated non-food items (soap, small bucket and lid, rope, pegs)
- Safe, hygienic and discrete methods to wash, dry and dispose of sanitary / incontinence protection materials
- Creating positive social norms, breaking down myths and sensitisation of leaders, women, girls, men and boys
- Key professionals are knowledgeable, have confidence to, and be able to effectively respond to incontinence needs and MHM needs of women and girls
- Cross-sectoral communication and action (WASH, camp management, community services, shelter, logistics, health, education, protection) on MHM and incontinence in emergencies
- Dialogue with women and girls and people with incontinence on their MHM or incontinence priorities and needs & ask for feedback on responses

If someone has severe incontinence such as fistula or is immobile and also has incontinence, it is important to put the person in contact with a health or disability related organisation who can provide specialist support. (including on the use of catheters and pressure pads).