

Knowledge, attitude, and practices towards proper menstrual waste disposal among female students at Kampala School of Health Sciences, Buloba Campus, Wakiso District.

A cross-sectional study.

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Abstract

Background.

Menstrual waste disposal is a significant aspect in every female's life; it impacts the environment and the overall health of society. This study assesses the Knowledge, attitude, and practices towards proper menstrual waste disposal among female students at Kampala School of Health Sciences, Buloba Campus, Wakiso District.

Method.

A cross-sectional study was carried out among 50 female students of KSHS Buloba campus. A simple random sampling method was used to select participants, whereas data were collected using a self-administered questionnaire. Analysis was done manually using tally sheets, pens, and paper, entered in Excel computer programs, and finally presented using tables and figures.

Results

The majority of respondents 62% were aged between 15 and 24 years, and 50% were from the Buganda region. Participants showed poor knowledge of proper menstrual waste disposal, with 64% reporting that they had never heard of the concept. Respondents exhibited generally positive attitudes toward proper menstrual waste management. All participants (100%) agreed that improper disposal poses health risks, 36% indicated that used menstrual materials are a nuisance in society, 24% believed that poor disposal could lead to urinary tract infections (UTIs), and 16% associated it with environmental pollution. Furthermore, 80% of the respondents acknowledged the existence of cultural beliefs influencing menstrual waste disposal practices.

Conclusion

There were Poor menstrual waste disposal practices among the respondents. Most participants used disposable sanitary pads as menstrual absorbents and commonly disposed of them in pit latrines. A majority also reported experiencing challenges when disposing of menstrual waste.

Recommendation.

The government of Uganda, through the Ministry of Health, the Ministry of Gender, Labor, and Social Development, and the Ministry of Education and Sports, should organize more public awareness sessions to inform people about proper menstrual waste disposal and its importance.

Keywords: Knowledge, Menstrual Waste Disposal, Female Students, Kampala School of Health Sciences, Wakiso District.

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Background.

UNICEF (2019) defines Menstruation as the natural bodily process of releasing blood and associated matter from the uterus through the vagina as part of the menstrual cycle. Menstruation is managed by menstrual hygiene products used to catch blood flow, such as sanitary pads, tampons, menstrual cups, and homemade cloth. Women have developed different personal strategies to handle this period; these strategies vary greatly due to personal preferences, availability of resources, economic status, cultural beliefs and traditions, educational background, and overall knowledge about menstruation (Rajanbir Kaur et al, 2018). World Bank (2022) shows that on a given day, more than 300 million women, as estimated, lack access to menstrual

products and adequate facilities for proper management during their cycles. Miiró et al (2018) highlight that menstruation management remains a challenge among girls and women globally, especially in low- and middle-income countries. The challenges associated with how women manage their cycle include a lack of clean, effective absorbents, inadequate facilities to change, clean, and dispose of the used material, and the lack of social support and cultural taboos.

According to the Menstrual Disposal, Waste Management & Laundering in Emergencies report (2020), menstrual waste disposal refers to the final (or secondary) disposal of menstrual waste (e.g. used menstrual materials) which may be completed by girls and women themselves, this usually

combines the burning, burying or dropping waste into pits, incineration among others (Schmitt et al, 2020).

Globally, over 12 billion disposable menstrual products are used per year, and these are mostly disposed of in latrines, flushed in the toilets, or end up in landfills. They contribute to almost 6.3% of sewage-related debris along rivers, trenches, and beaches. The bleaching chemical cocktail from most disposable sanitary products can have a detrimental impact on the environment. This study assesses the Knowledge, attitude, and practices towards proper menstrual waste disposal among female students at Kampala School of Health Sciences, Buloba Campus, Wakiso District.

Methodology.

Study design.

The descriptive sectional study involved the use of quantitative methods of data collection. This was aimed at collecting detailed information on knowledge, attitude, and practices towards proper menstrual waste disposal at one point in a short period of time.

Study area

The study was carried out in Kampala School of Health Sciences, Buloba campus in Wakiso district, off Mityana Road. This study area was considered because it has many female students of reproductive age, who are expected to be menstruating and generating menstrual waste, thus assessing how they dispose of the different menstrual materials they use, and no study has been carried out.

Study population and study participants.

The target population comprised females in their reproductive age, menstruating, generating menstrual waste, and finally disposing of it in Buloba, Wakiso District.

Sample size determination.

The sample was calculated using Burton's formula (1975).

$S = 2(QR) \cdot O$; where

S required sample size.

Q: number of days the researcher spent while collecting data, maximum number of people per day

The maximum time the interviewer spent on each participant. Therefore,

R=5 respondents Q=5 days

O= 1 hour

$2(5 \cdot 5) \cdot 1 = 50$, therefore, the researcher will use 50 respondents.

Study variables.

Dependent variable.

The dependent variable of this study was menstrual waste disposal among female students.

Independent variables

The independent variables of the study were the knowledge, attitude, and practices towards proper menstrual waste disposal.

Inclusion criteria

The study included all female students in Kampala School of Health Sciences, Buloba campus, Wakiso District, who had an equal and independent chance of being included.

Sampling technique

Simple random sampling techniques were used to select samples from the source population.

Data collection tool

A self-administered, semi-structured questionnaire with both open and closed-ended questions was designed by the researcher to collect data from respondents. It consisted of English questions on knowledge, attitude, and practices regarding proper menstrual waste disposal for respondents to answer.

The questionnaire included four sections, which include: the first section as social demographic data, the second section as knowledge on menstrual hygiene, the third section as attitude towards proper menstrual waste disposal, and the fourth section as attitude towards proper menstrual waste disposal.

Quality control issues

The filled questionnaires were checked for completeness at the interview site before leaving the place; partly filled questionnaires were handed back to the respective respondents for completion before being resubmitted to the supervisor.

Pretesting of questionnaires.

Before undertaking data collection, the questionnaire was piloted on 5 respondents from Ernest Cook Ultrasound Research and Education Institute in order to identify problems with the data collection process, and areas of improvement and necessary modifications were made. This school has similar characteristics to Kampala School of Health Sciences, where the study was to be based. Pre-testing ensured the credibility, accuracy, validity, and reliability of the questions. Where necessary, this resulted in adjustments in the tools so that some of the questions are deleted, rephrased, eliminated, or even added.

Pilot study.

A visit to the study area was made before data collection. This helped the researcher to get prior knowledge and further insight into the study area, the administrative protocols necessary, the target respondents, and informal permission to go to the study area.

Data analysis and presentation

The analysis of the data collected was done manually using tally sheets, and the data was systematically computed into frequency and percentage using findings to generate tables and figures for easy presentation.

FINDINGS

Table 1: Shows the distribution of respondents according to their socio-demographic characteristics (n=50)

Variable	Categories	Frequency (f)	Percentage %
Age range	15 to 24 years	31	62
	25 to 34 years	15	30
	35 to 44 years	4	8
	45 years and above	0	0
TOTAL		50	100
Religion	Anglican	18	36
	Catholic	11	22
	Muslim	13	26
	Others	8	16
TOTAL		50	100
Tribe	Muganda	25	50
	Musoga	8	16
	Munyankole/Mukiga	6	12
	Others	11	22
TOTAL		50	100
Region	Central	25	50
	Eastern	8	16
	Western	6	12
	Northern	11	22
TOTAL		50	100
Age at menarche	9 to 10 years	5	10
	11 to 12 years	11	22
	13 to 14 years	25	50
	15 to 16 years	9	18
TOTAL		50	100

Table 1 revealed that more than half of the respondents 62% were aged between 15 and 24 years, and no respondent was 45 years of age and above. Most of the respondents were Anglicans 36%, 26% were Muslims, and the rest were Catholics and members of other religions. Half of the respondents were from the Buganda tribe in the Central region 50%, 16 % were from the Busoga tribe in the Eastern

region, 12% were either Banyankole or Bakiga from the Western region, and 22% represented other tribes and regions of Uganda. Half of the respondents 50% were 13 to 14 years of age when they got their first period, 22% were aged 11 to 12 years, 18% were aged 15 to 16 years, and only 10% received their period at 9 to 10 years of age.

Knowledge towards proper menstrual waste disposal.

Shows the distribution of respondents according to whether they had heard of waste disposal

Table 2: Revealed that all the respondents had ever heard of waste disposal. (n=50)

Variable	Response	Frequency(f)	Percentage (%)
Heard of waste disposal.	Yes	50	100%
	No	0	0

	0		
Total		50	100

Figure 1: Shows the distribution of respondents according to their source of information about proper waste disposal

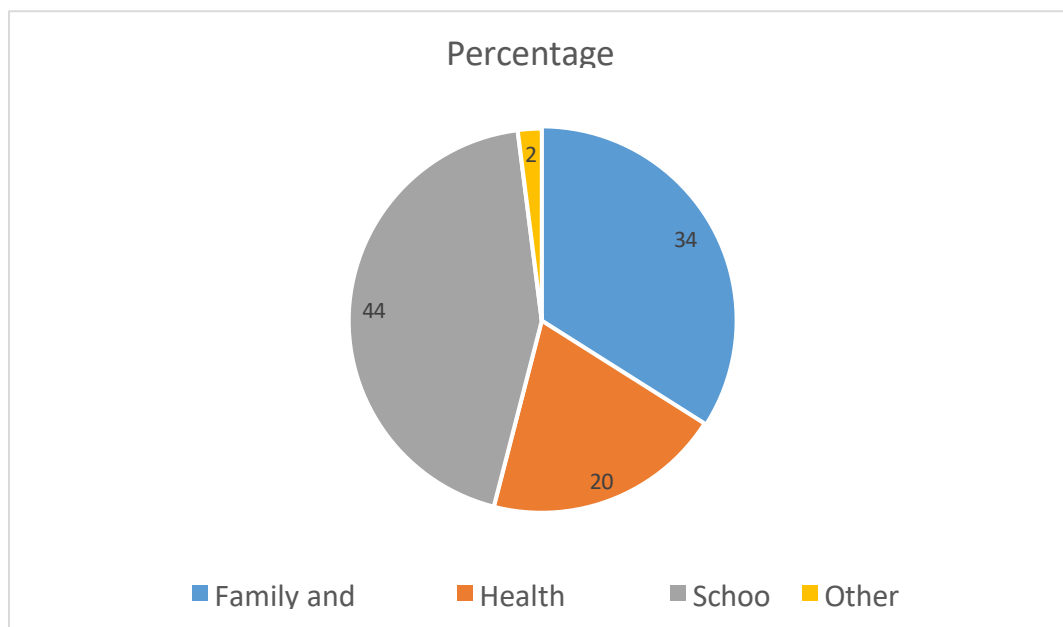


Figure 1 revealed that most (46%) of the respondents obtained information from school, while the least (2%) of the respondents obtained information from other sources.

Table 3: Shows the distribution of respondents according to whether they had heard of proper menstrual disposal (n= 50)

Response	Frequency (f)	Percentage (%)
Yes	18	36
No	32	64
Total	50	100

Table 3, it was reveals that the majority (64%) of the respondents had heard about proper menstrual waste disposal, while the minority (36%) had never heard about proper menstrual waste disposal.

Figure 2: Shows the distribution of the respondents according to where menstrual wastes are disposed of

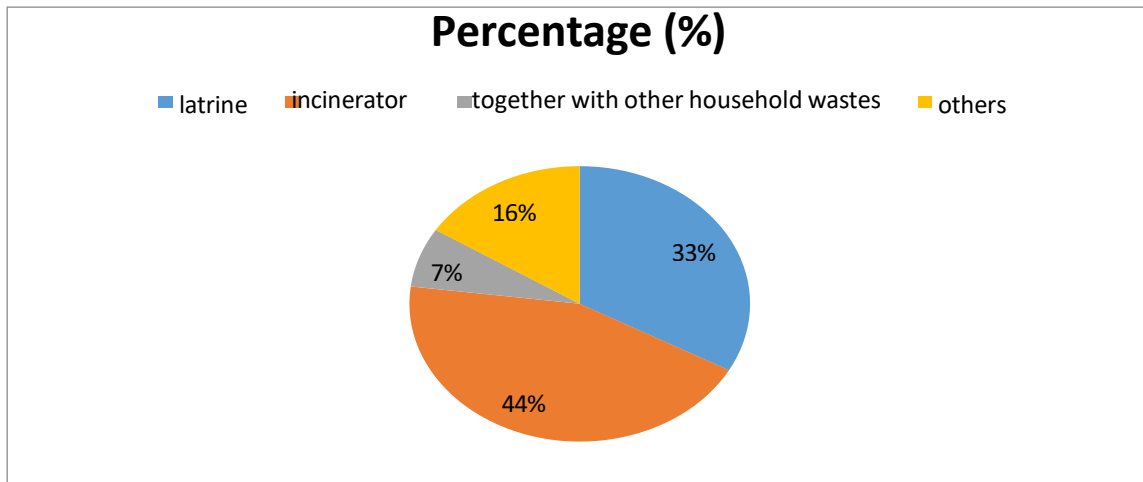


Figure 2 reveals that most of the respondents (44%) responded that menstrual wastes are disposed of in the incinerator, (33%) responded that they are disposed of in the latrine, (16%) responded that they are disposed of in other places, and (5 %) responded that menstrual wastes are disposed of together with other house hold wastes.

Figure 3: Shows the distribution of the respondents according to why they had never heard of proper menstrual waste disposal.

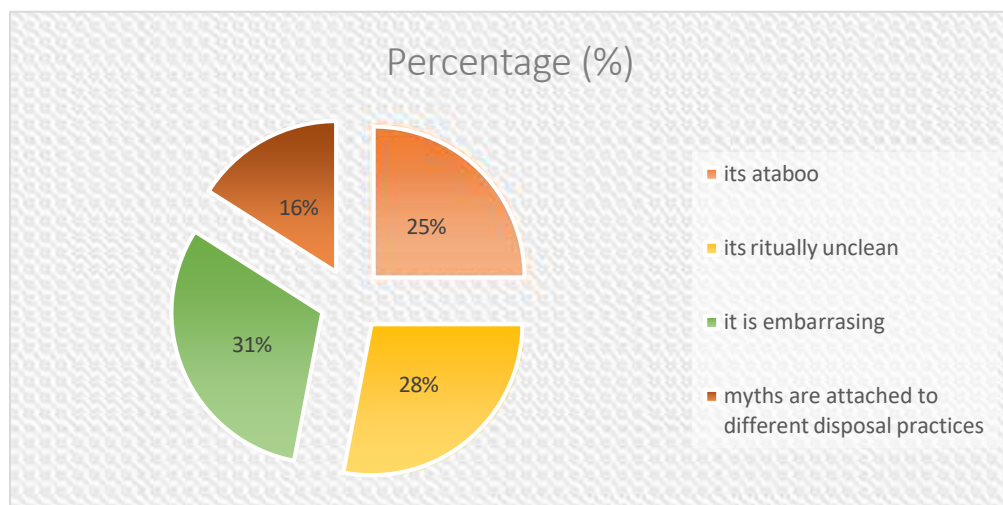


Figure 3, revealed that most of the respondents (31%) had not heard of proper menstrual waste disposal because it is embarrassing, (28%) of the respondents had not heard of proper menstrual waste disposal because it is ritually unclean, (25%) of the respondents had not heard of menstrual waste disposal because its considered a taboo and least of the respondents (16%) had not heard of proper menstrual waste disposal because there are myths attached to different disposal practices.

Attitude towards proper menstrual waste disposal among female students at KSHS

Table 4: Shows the attitude towards proper menstrual waste disposal at KSHS Buloba campus. (n=50)

Category	Response	Frequency (f)	Percentage (%)
Believe that there are health risks associated with improper menstrual waste disposal	Yes	50	100
	No	0	0
TOTAL		50	100
Mention the health risks associated with improper menstrual waste disposal.	Urinary tract Infections	12	24
	Nuisance in society	18	36
	Bad smell	10	20
	Soil pollution	8	16
	Early filling of toilets	2	4
TOTAL		50	100
Aware of any	Yes	40	80
cultural beliefs that hinder proper menstrual waste management disposal	No	10	20
TOTAL		50	100
(n=40)			
Mention cultural beliefs around menstrual waste disposal.	Burning them leads to menorrhagia	18	45
	Blood can be used in witchcraft rituals	10	25
	If the blood is sniffed by the dog, you become Barren	6	15
	It is a secret that should not be shared since it is considered a bad omen	6	15
TOTAL		40	100

Table 4 revealed that all the respondents believed that there are health risks associated with improper menstrual waste disposal. The majority of the respondents, 36% reported that poorly disposed menstrual waste is a nuisance in society, 24% argued that it can lead to urinary tract infections. Other health risks associated with improper menstrual waste disposal were bad smell (20%), soil pollution (16%), and early filling of latrines (4%). Most of the respondents were aware of certain cultural beliefs that hinder proper menstrual waste disposal (80%),

while only 20% were not aware of any cultural beliefs that hinder proper menstrual waste disposal. Out of the 40 respondents that were aware of some cultural beliefs that hinder proper menstrual waste disposal, 45% mentioned that burying used menstrual materials can lead to menorrhagia, 25% reported that the menstrual blood can be used in witchcraft rituals, 15% of the respondents reported that if the blood is smelt by a dog its owner can become barren and 15% mentioned that it is a secret that should not be shared since it is considered a bad omen.

Practices toward proper menstrual waste disposal at KSHS.

Table 5: Shows the distribution of respondents according to the menstrual materials they used during a period (n=50)

Variable	Response	Frequency (f)	Percentage (%)
Which menstrual Material is used during a period	Disposable sanitary Pads	42	84
	Reusable sanitary Pads	8	16
	Tampons	0	0
	Homemade cloth	0	0
	Others		
TOTAL		50	100

Table 5 reveals that the majority of the respondents (84%) use disposable sanitary pads as menstrual materials, least of the respondents (16%) use reusable sanitary pads as their menstrual materials.

Table 6: Shows the distribution of respondents according to whether they have ever faced a challenge when disposing of menstrual waste (n=50).

Variable	Response	Frequency(f)	Percentage (%)
Ever faced any challenges in disposing of menstrual waste properly?	Yes	40	80
	No	10	20
TOTAL		50	100

Table 6 revealed that the majority of the respondents (80%) reported that they had never faced any challenges in disposing of menstrual waste properly. In contrast, the least of the respondents (20%) reported that they had never faced any challenges in disposing of menstrual waste properly.

Figure 4: Shows the distribution of respondents according to where they dispose of the used menstrual materials (n=42)

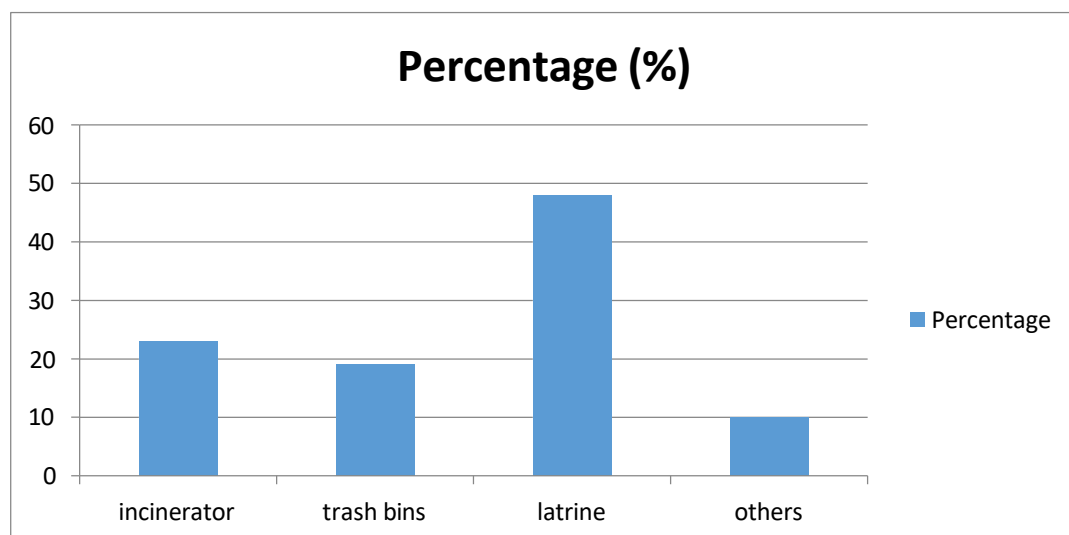


Figure 4 revealed that most respondents (48%) disposed of their used menstrual materials in the latrine, while the least (10%)

disposed of the materials in other places.

Figure 5: Shows the distribution of respondents according to how they know that they are disposing of menstrual wastes properly (n=50).

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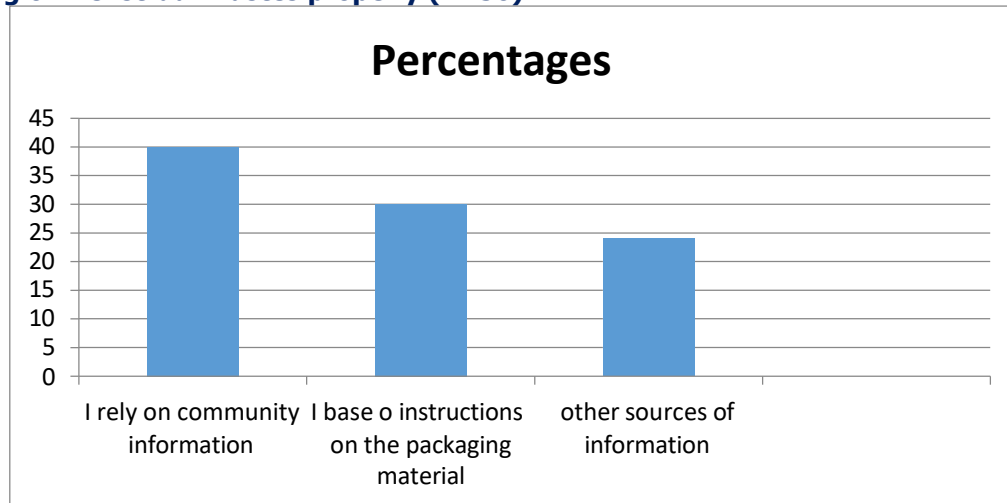


Figure 5 revealed that most of the respondents (40%) relied on community information to know that they were disposing of menstrual waste properly, and the least of the respondents (24%) relied on other sources of information.

Figure 6: Shows the distribution of respondents according to the different cultural practices that impact how menstrual wastes are disposed of in the community.

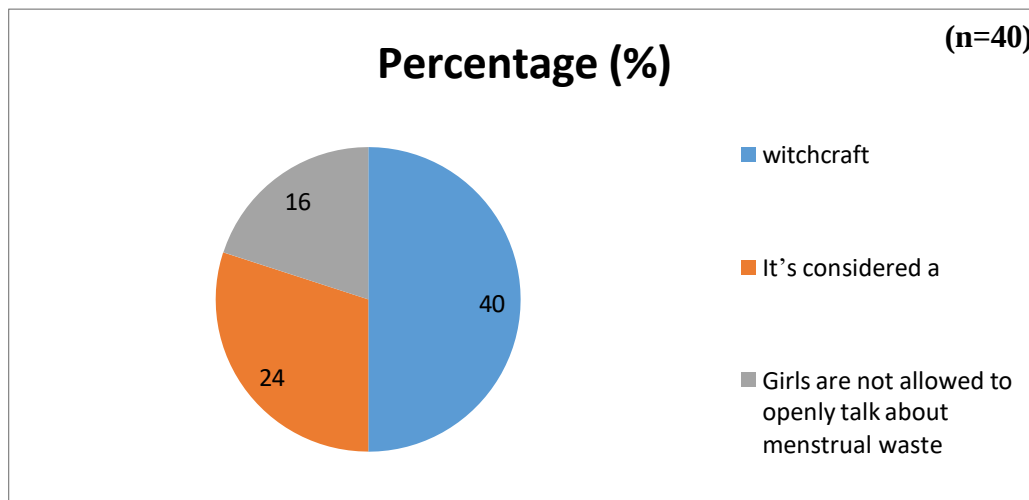


Figure 6 reveals that most of the respondents (40%) answered that witchcraft was one of the cultural beliefs that impacted how they disposed of their menstrual waste, and

the least of the respondents (16%) answered that girls are not allowed to openly talk about menstrual waste.

Table 7: Shows the distribution of respondents according to challenges faced by respondents when disposing of menstrual waste properly (n=50).

Challenge	Frequency (f)	Percentage (%)
Delay in removing the full disposal bins	10	20
Dysfunctional incinerator	9	18
Long distance from the bathroom to the incinerator	13	26
No sanitary disposal bins at the campus toilets	11	22
Misuse of the disposal bins by other students	7	14
TOTAL	50	100

Table 7 reveals that most of the respondents (26%) faced the challenge of a long distance from the bathrooms to the incinerator, (22%) faced a challenge of absence of disposal bins at the campus toilets, (20%) faced a challenge of delay in removal of the full disposal bins, (18%) faced a challenge of a dysfunctional incinerator and least of the respondents (14%) faced a challenge of misuse of the disposal bins by other students.

Discussion of results.

Knowledge Towards Proper Menstrual Waste Disposal.

The findings of this study revealed that all respondents were aware of general waste disposal; however, a majority (64%) had never heard of proper menstrual waste disposal. This aligns with the findings of Lopamudra (Satpati, 2021), who reported that 23% of respondents in tribal communities and 16% in non-tribal communities in West Bengal did not know how to dispose of menstrual waste. Similarly, 16% and 8% of participants in the respective groups were unaware of any specific disposal methods. Over 60% of respondents in the current study also cited a lack of adequate disposal facilities, highlighting a significant knowledge gap regarding proper menstrual waste management in both tribal and non-tribal communities.

Only a minority (36%) of respondents had ever heard of proper menstrual waste disposal. Among these, 44% obtained information from schools, 34% from family and friends, and 20% from health facilities. These results indicate a modest improvement compared to Magaji (2022), who found that over 80% of women in Nigerian cities were unaware that sanitary pads and tampons contain plastics, and only 20–38% recognized the environmental pollution risks associated with poor menstrual waste disposal. However, 70% of those women acknowledged that improper disposal creates an unhealthy environment.

In this study, respondents who had prior knowledge of proper menstrual waste disposal were more likely to practice correct disposal methods than those who had never heard of it.

Attitudes Toward Proper Menstrual Waste

Disposal.

All respondents (100%) agreed that improper menstrual waste disposal poses health risks. A significant proportion (36%) viewed used menstrual materials as a societal nuisance, 24% believed poor disposal could cause urinary tract infections, 20% associated it with foul odors, 16% linked it to environmental pollution, and 4% mentioned that it leads to the early filling of pit latrines.

These findings demonstrate an overall positive attitude toward proper menstrual waste disposal. Similar attitudes were observed in a study by Magaji (2022), which reported that although many women lacked knowledge about the plastic content of sanitary products, 70% believed that poor menstrual waste disposal results in an unhealthy environment.

The current study also revealed that 80% of respondents believed cultural beliefs influence menstrual waste disposal practices, while 10% disagreed. These findings are consistent with Olatumile (2019), who found that 94.7% of respondents believed menstrual waste could be used in harmful rituals if not properly disposed of, whereas only 5.3% disagreed. Such cultural perceptions can significantly shape women's attitudes toward menstrual waste management.

Cultural beliefs reported in this study included: 48% of respondents believed burning menstrual materials causes menorrhagia, 25% believed menstrual blood could be used in witchcraft rituals, 15% thought that if menstrual blood is sniffed by a dog, the owner would become barren, and another 15% viewed menstrual waste as a secret that should never be discussed. These findings indicate that cultural taboos and myths negatively influence menstrual waste disposal practices. Respondents from the central region, where cultural beliefs are deeply rooted, were more likely to demonstrate poor disposal practices.

Practices Toward Proper Menstrual Waste Disposal

The study found that 42% of respondents used disposable sanitary pads, while only 16% used reusable pads. These findings are similar to those of Nalini and Angush (2021), who reported that 98.3% of Indian undergraduate medical students used sanitary pads as menstrual absorbents, with

nearly half (48%) using a single non-biodegradable pad for over six hours. Likewise, Swati and Tripathi (2018) found that 68.8% of girls used sanitary pads, while only 28.5% and 2.8% used reusable or fresh cloths, respectively.

In terms of disposal methods, 48% of respondents disposed of used menstrual materials in pit latrines, 23% used incinerators, 18% threw them in trash bins, and 10% used other methods such as burning or burying. These results differ from those of Swati and Tripathi (2018), where 79% disposed of menstrual materials in dustbins and only 11.2% burned or buried them. The variation may be attributed to limited access to incinerators and inadequate knowledge about their use among students at KSHS.

Similarly, the findings contrast with Magaji (2022), who reported that 45–60% of Nigerian respondents disposed of menstrual waste in general waste bins, 18–20% burned it, and 5–7% disposed of it in water drains. In this study, 80% of respondents reported facing challenges in menstrual waste disposal, mainly due to inadequate facilities.

The most common challenges cited included: long distances from bathrooms to incinerators (26%), delays in emptying filled disposal bins (20%), dysfunctional incinerators (18%), and misuse of disposal bins by other students (14%). These barriers highlight the need for improved waste management infrastructure and menstrual hygiene education.

Conclusion

This study aimed to assess the knowledge, attitudes, and practices regarding proper menstrual waste disposal among female students at Kampala School of Health Sciences (KSHS). The findings revealed limited knowledge, with 64% of respondents unaware of proper menstrual waste disposal methods.

While respondents generally held positive attitudes recognizing the health and environmental risks of improper disposal, many cultural and traditional beliefs hindered effective practices. Most participants (84%) used disposable sanitary pads and commonly disposed of them in pit latrines, reflecting inadequate disposal facilities and cultural constraints.

Recommendations

The Government of Uganda, through the Ministry of Health and the Ministry of Gender, Labour and Social Development, should intensify public awareness campaigns on hygienic menstrual waste disposal methods.

Schools and institutions should provide structured guidance and awareness sessions for young women on safe and sustainable menstrual waste management.

Open discussions about menstruation should be encouraged among children, adolescents, and adults to reduce stigma and dispel myths surrounding menstrual waste disposal.

The administration, through the senior woman teacher and the Ministry of Gender and Culture, should educate female students on proper disposal practices, provide functional

incinerators, and ensure regular maintenance of waste bins.

Acknowledgement.

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ABREVIATIONS AND ACRONYMS.

WHO: World Health Organization.

UNICEF: United Nations Children's Fund

KSHS: Kampala School of Health Sciences

UAHEB: Uganda Allied Health Examination Board

MOH: Ministry of Health

Km: Kilometer

UTI: Urinary Tract Infection

Source of funding

The study was not funded.

Conflict of interest.

There is no conflict of interest.

Availability of data.

Data used in this study are available upon request from the corresponding author.

Author's contribution.

NM designed the study, conducted data collection, cleaned and analyzed data, drafted the manuscript, and SN supervised all stages of the study from conceptualization of the topic to manuscript writing and submission.

Ethical approval.

The study protocol was presented for review and approval by the institutional review board of Kampala School of

Health Sciences, and approval for data collection was provided. Data collection letter was presented to the administration of Kampala School of Health Sciences, then the written informed consent was sought from all study participants before enrolment into the study after a thorough explanation of the study objectives to them and signing. Confidentiality was maintained by the use of identification numbers instead of student names to get more reliable answers from the participants. Data was safely stored in a safe box under lock and key, only accessible by the principal investigator. There was no psychological harm caused by asking very personal questions about proper menstrual waste disposal during the course of the study.

Authors biography

Navvuga Mariam is a student of a diploma in clinical medicine and community health at Kampala School of Health Sciences.

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