

GET TO KNOW YOUR PERIOD

a Period is the 2 to 7 days that an individual has their menstrual flow, which is when blood and tissue leave their body through their vagina

FIND YOUR SIZE	S	M	L

Pads

- Choose a pad based on your flow, the heavier the flow the thicker and bigger the pad you need!
- When using a pad unwrap it, take the paper that is on the sticky strip on the back of the pad, and then stick the pad to your underwear fold the wings away from you to wrap around your underwear. Change your pad every few hours, or when it is soaked with blood. Wrap used pads in the wrapper or toilet paper and throw it in the trash

Tampons

- There are different sizes that you can choose based on your flow but start out with the smallest one!
- To insert a tampon you need to wash your hands, get into a comfortable position and relax (one leg on the toilet or sitting down), insert the applicator until the skinner part of the tampon is at the base of your vagina, then push the tampon into your vagina using the applicator or finger
- It is best to change your tampon every 4 - 8 hours and to remove you gently pull on the string that is hanging outside the vagina, wrap the tampon in toilet paper and throw it in the trash

5 absorbencies to match your flow

ULTRA



SUPER PLUS



SUPER



REGULAR



LIGHT



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