



## Disposable Sanitary pads



### How to use disposable sanitary pads

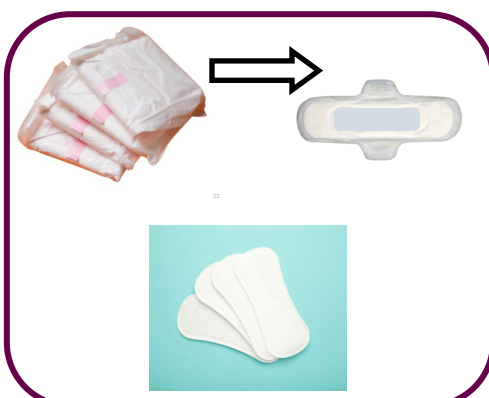


go to a private comfortable place

- Toilet cubical
- Bedroom
- Bathroom

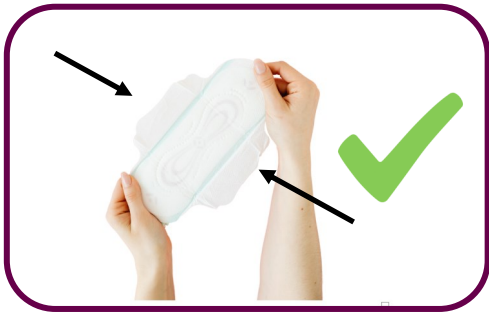


Wash your hands with soap and water for 20 seconds



Some pads has a outer wrapper that you will need to undo

Some do not



Some pads have wings



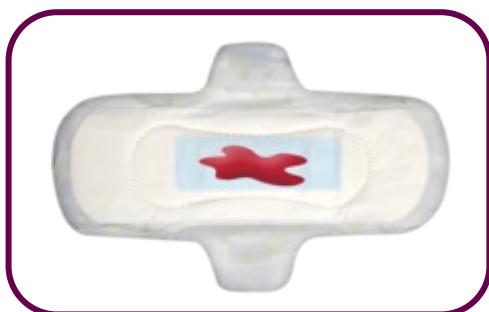
some do not



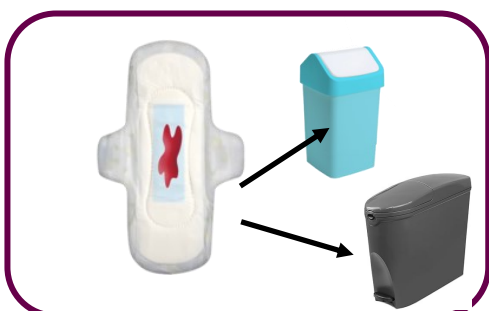
If you have winged pads peel off the protective strip behind each wing



Pull down your underwear



remove any used sanitary pad



place this in the in the bin



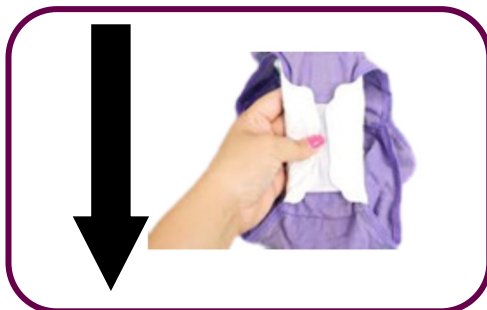
Do not flush the pad down the toilet



Place the clean sanitary pad sticky side down into the underwear



If you have winged pads wrap the wings around the underwear



Press to secure to the underwear



Wipe your vagina with either  
Wipes or paper towel



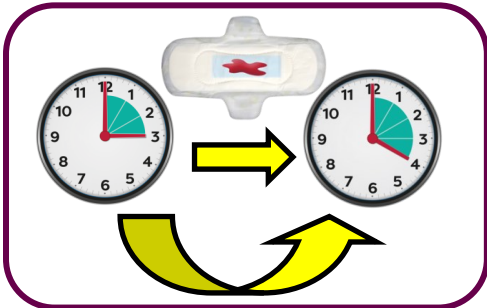
If using wipes do not flush



Now pull underwear up



Wash your hands with soap and water for 20 seconds



Sanitary pads should be change every 3-4 hours

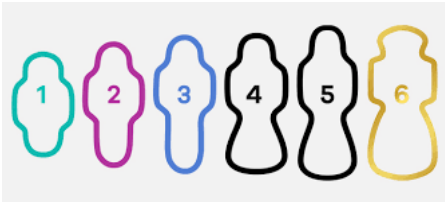


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# Disposable Sanitary Pads

## Top tips



Sanitary pads are also called  
Pads, Mensural pads and come in  
different sizes



There are lots of different brands



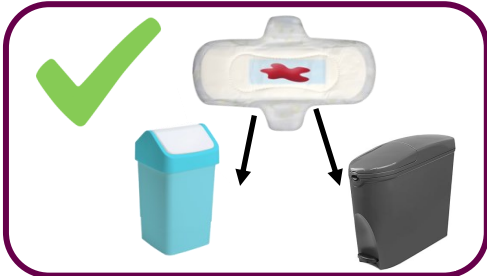
Find a brand that you like and  
absorbs your flow



It may take you some time to find a  
brand that you like



They are not recyclable

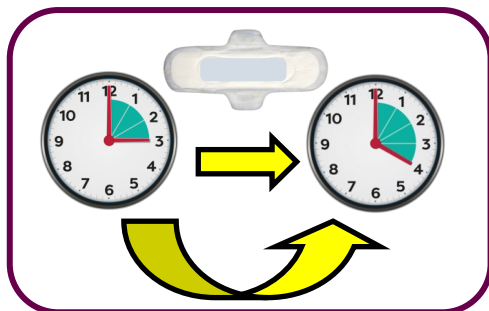


They are not reusable

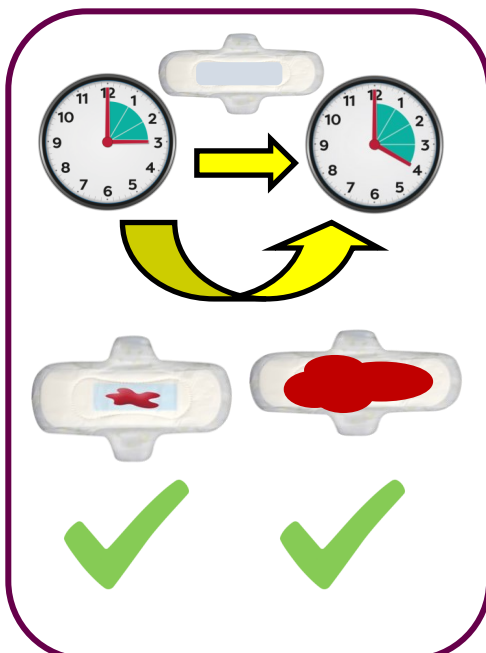
They must be put in a bin



Do not flush down the toilet



You need to put a fresh pad on every 3-4 hours



Even if the pad is not full



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## Reusable Sanitary pads



go to a private comfortable place

- Bathroom
- bedroom
- Toilet cubical

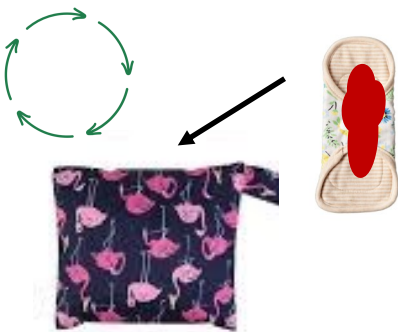


Wash your hands with soap and water for 20 seconds



The reusable sanitary pads have different absorbency levels

Choose one that fits you best



The reusable sanitary pads come with a wet bag for you to put the used pads in





Do not flush down the toilet



The wings wrap around the underwear



They have buttons or Velcro that fasten together



Wipe your vagina with either  
Wipes or paper towel



If using wipes do not flush them down the toilet

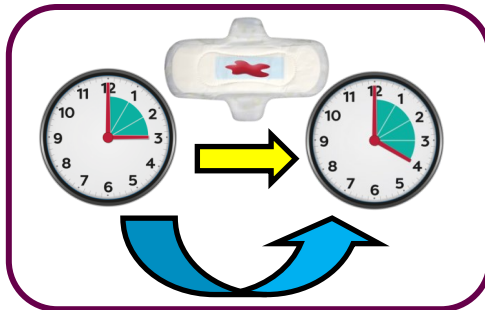




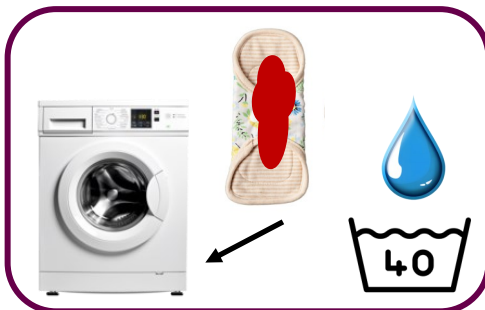
Now pull underwear up



Wash your hands again with soap and water for 20 seconds



Sanitary pads should be changed every 3-4 hours



Wash at no higher than 40c so **not** to damage the reusable period sanitary pad



Do **not** tumble dry



Do not use fabric softener

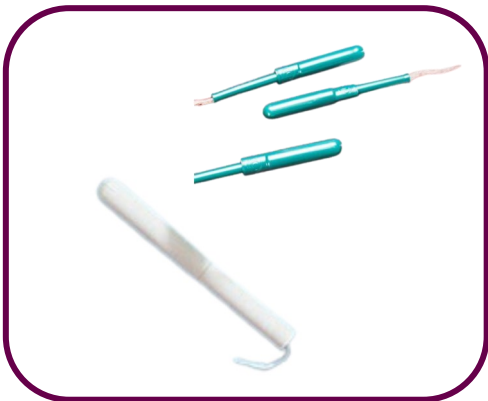


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# Tampons



Some tampons have applicators and some do not



Tampon applicators can be

- Plastic
- Cardboard



go to a private comfortable place

- Bathroom
- Toilet cubical
- Bedroom



Wash your hands with soap and water for 20 seconds



Pull down your underwear



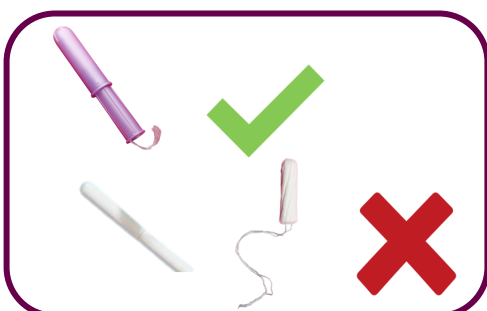
Remove any used tampon by pulling on the string hanging from your vagina



Place this in the bin in the bin  
Do **not** flush down the toilet



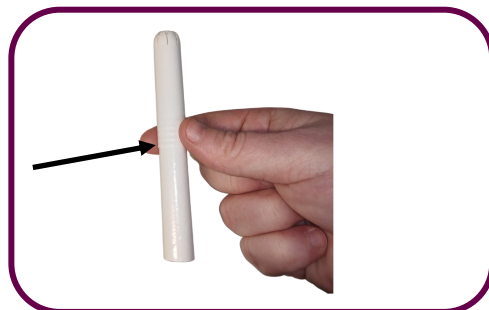
The tampon has a wrapper that you will need to undo



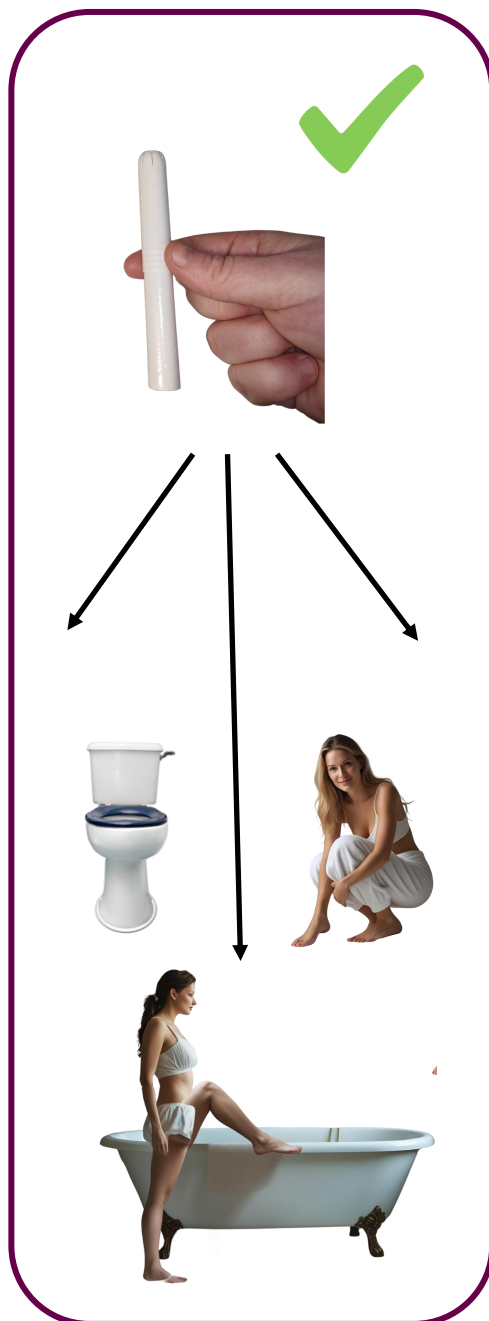
If you have an applicator make sure all the parts are connected



**Unwrap the tampon:** Only unwrap the tampon when you're ready to use it.

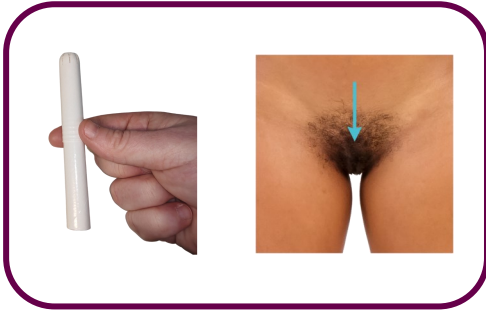


**Hold the tampon:** Hold the tampon between your thumb and middle finger, with the grip in the middle.

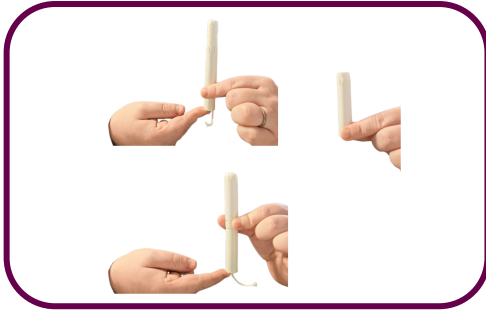


**When putting a tampon in it may be easier to**

- sit on the toilet
- crouch down
- put one leg on the bath



**Insert the tampon:** Gently insert the tampon into your vaginal opening at an angle towards your lower back.



**Push in the applicator:** Use your index finger to push the applicator in until it's all the way in.



**Remove the applicator:** Remove the applicator and throw it away in a bin.



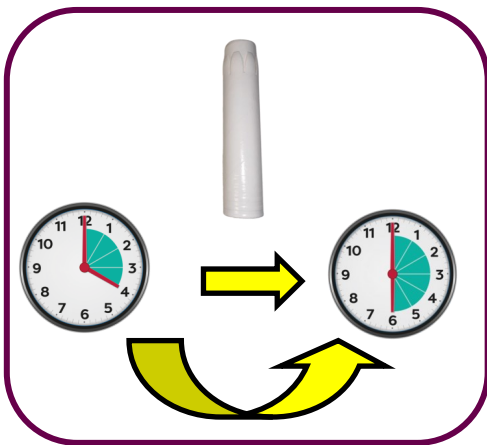
Do **not** flush



Now pull underwear up



Wash your hands again for 20 seconds



Tampons should be changed every 4-8 hours



Use the lowest absorbency tampon that's right for your flow.



If you need any help Tell someone you trust

- Staff
- Family
- Friend



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## Tampons top tips



if you feel

- Fever
- Vomiting
- Diarrhoea
- Headaches
- Confusion



Remove the tampon and stop using them



Tell someone you trust

- Staff
- Family
- Friend





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## Period cups



Period cups are also called menstrual cups and can be used for all types of flow



They are

- Reusable
- Eco friendly
- used for heavy flows



go to a private comfortable place

- Bathroom
- bedroom
- Toilet cubical



Wash your hands with soap and water for 20 seconds



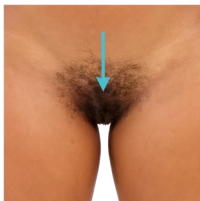
Pull down your underwear



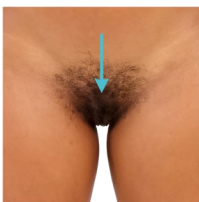
Gently squeeze the base to release the suction, then pull out the cup that needs changing



Fold the clean cup in half so it forms a "C" shape



Insert the cup: Using a water-based lubricant or your menstrual blood, insert the cup into the vaginal opening at an angle towards your lower back



Create a seal: Once the cup is in place, let it pull a little to open to create a seal.



Wear the cup: You can wear a period cup for up to 12 hours



Wipe your vagina with either  
Wipes or paper towel



If using wipes do not flush



Now pull underwear up



Wash your hands with soap and water  
for 20 seconds



If you need any help Tell someone you  
trust

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Clean the cup: Empty the cup into the toilet, sink, or shower, then rinse with water.

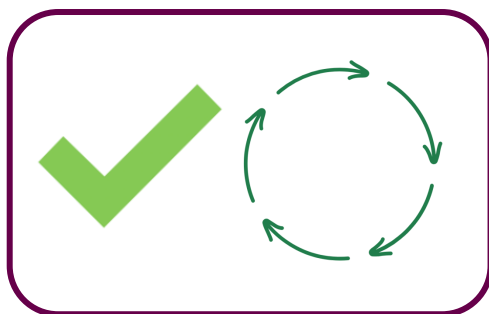


Sterilize the cup: Boil the period cup for 5 –10 minutes

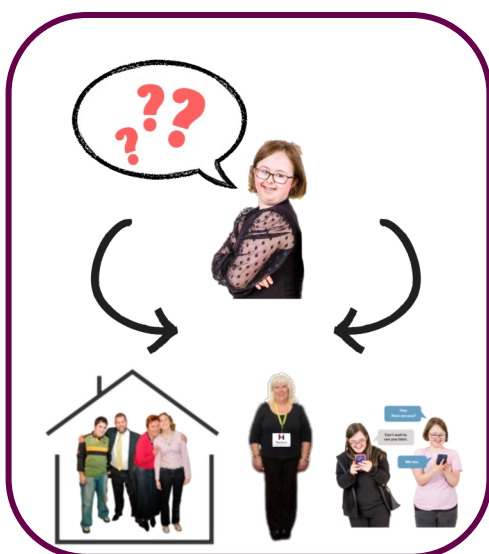
In a pan of water

In a cup of boiling water

Period cup steriliser



Reuse the cup



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## Period cups top tips

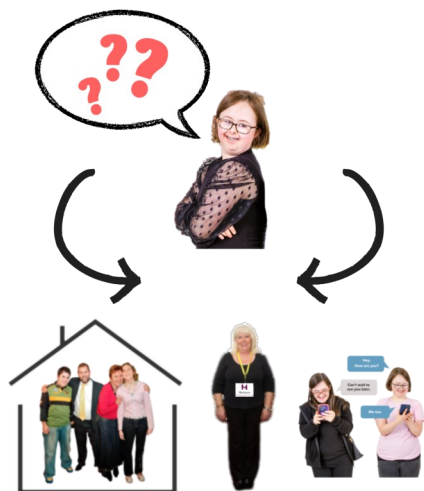


if you feel

- Fever
- Vomiting
- Diarrhoea
- Headaches
- Confusion



Remove the period cup and stop using them



Tell someone you trust

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- Family
- Friend



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## Period pants



Period pants are worn like regular underwear



They are used for

- blood,
- discharge,
- sweat,
- small urine leakage



they are

- reusable
- eco friendly



go to a private comfortable place

- Bathroom
- bedroom
- Toilet cubical



Wash your hands with soap and water for 20 seconds



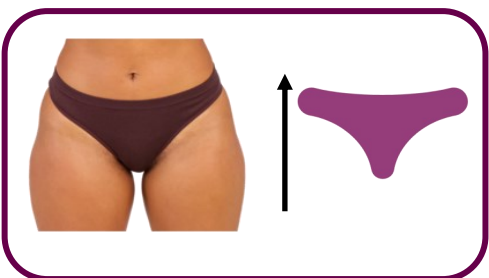
Take off your underwear and place in the wash basket



Wipe your vagina with either wipes or paper towel



If using wipes do not flush

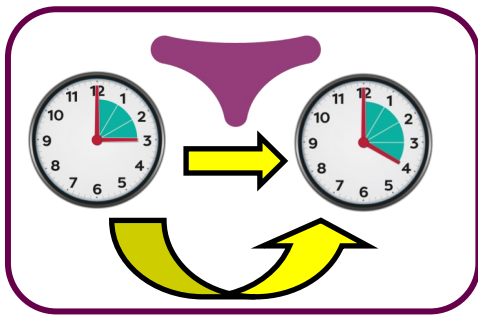


Put on a fresh pair of period pants on

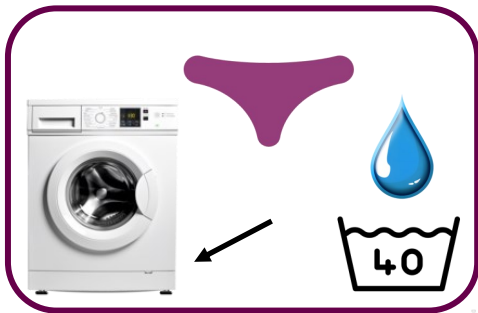


Wash your hands again with soap and water for 20 seconds

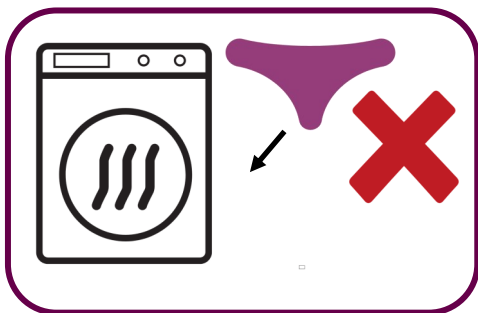




Sanitary pads should be changed every 3-4 hours



Wash at no higher than 40c so **not** to damage the reusable period sanitary pad



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