

HOW TO USE A MENSTRUAL PAD



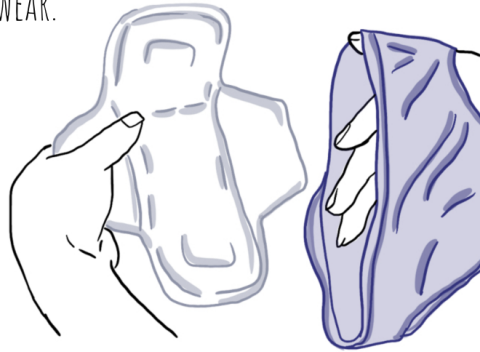
1. **WASH YOUR HANDS:** BEFORE HANDLING THE PAD, WASH YOUR HANDS WITH SOAP AND WATER TO MINIMIZE THE RISK OF INTRODUCING BACTERIA TO THE GENITAL AREA.



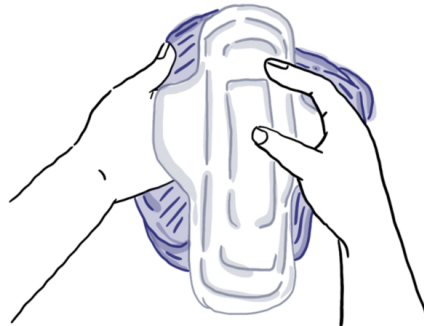
2. **UNWRAP THE PAD:** REMOVE THE MENSTRUAL PAD FROM ITS PACKAGING. ENSURE THAT THE ADHESIVE STRIP IS FACING DOWN AND THE ABSORBENT SIDE IS FACING UP.



3. **POSITION THE PAD:** SITUATE YOURSELF COMFORTABLY ON THE TOILET SEAT. POSITION THE PAD IN YOUR UNDERWEAR.



4. **SECURE THE PAD:** PRESS DOWN FIRMLY ON THE ADHESIVE STRIP TO SECURE THE PAD IN PLACE. SMOOTH OUT ANY WRINKLES OR CREASES TO ENSURE A SNUG FIT.



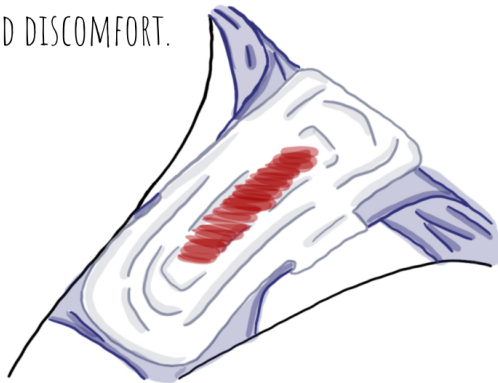
5. **ADJUST AS NEEDED:** IF NECESSARY, ADJUST THE POSITION OF THE PAD TO ENSURE IT PROVIDES ADEQUATE COVERAGE AND PROTECTION. YOU MAY NEED TO ADJUST THE FRONT AND BACK OF THE PAD TO FIT YOUR BODY COMFORTABLY.



6. **DISPOSE OF PACKAGING PROPERLY:** DISPOSE OF THE PAD'S PACKAGING IN A WASTE BIN. DO NOT FLUSH IT DOWN THE TOILET, AS IT COULD CAUSE PLUMBING ISSUES.



7. **CHANGE THE PAD REGULARLY:** CHANGE YOUR MENSTRUAL PAD EVERY 4-6 HOURS OR AS NEEDED, DEPENDING ON YOUR FLOW. AVOID WEARING A PAD FOR TOO LONG TO MINIMIZE THE RISK OF LEAKS AND DISCOMFORT.



8. **DISPOSE OF USED PADS PROPERLY:** WHEN IT'S TIME TO CHANGE YOUR PAD, CAREFULLY REMOVE THE USED PAD FROM YOUR UNDERWEAR AND WRAP IT IN THE WRAPPER OR TOILET PAPER. DISPOSE OF IT IN A WASTE BIN. DO NOT FLUSH IT DOWN THE TOILET.



9. **WASH YOUR HANDS:** AFTER DISPOSING OF THE USED PAD, WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER TO MAINTAIN HYGIENE.



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