

How to Use a Tampon

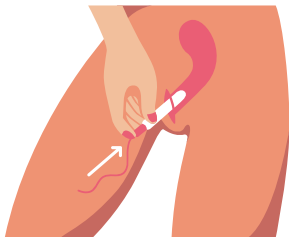
1 OPEN THE TAMPON PACKET

Use one hand to hold the applicator with the string hanging down. With the other hand, spread the outer lips to access the opening of your vagina.



2 INSERT THE TAMPON

Slide the applicator into your vagina towards your back with your pointer finger on the plunger. Push the inner tube all the way into the outer tube to slide the tampon out.



3 DISCARD APPLICATOR

Hold onto the outer tube and pull it out gently, leaving the tampon inside your body with the string hanging outside.

Toss the applicator into the trash!



How to Use a Pad

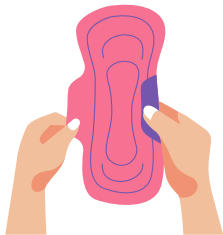
1 OPEN THE PAD

Remove the pad from the wrapper. Pull the wrapper away from the pad to expose the sticky part.



2 ATTACH THE PAD

Center the sticky part in the part of your underwear that goes between your legs. If your pad has wings, remove the backing and wrap the wings around the otherside of your underwear.



3 PUT ON YOUR UNDERWEAR

Pull your underwear back up, and wiggle around to make sure your pad is placed in a comfortable position. Throw away the wrappings!

