Diagram of tampon



Diagram of pad



## Hints & Tips

* Tampons are safe to use. The cervix is strong and will ensure tampons will not get lost.
* Change regularly (to avoid smells and toxic shock syndrome).
* Don't flush down the toilet... no matter how tempting it is!
* Wear dark coloured underwear.
* Use night or maternity pads with wings when sleeping.
* Use tampons for swimming.
* Rinse blood stains out of clothing and sheets with COLD water as soon as possible (hot water sets the blood).