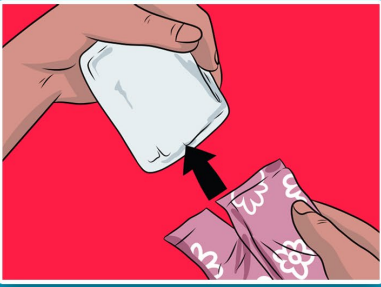


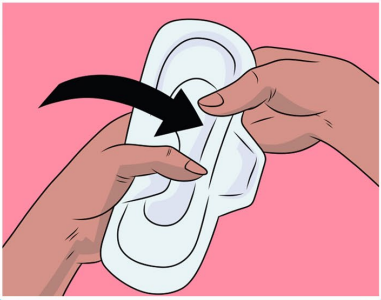


# USE & DISPOSAL OF SANITARY PADS

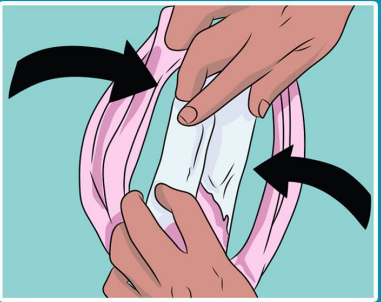
# HOW TO USE A SANITARY PAD



**USING CLEAN HANDS, REMOVE ANY WRAPPERS OR BOXES FROM THE PAD**



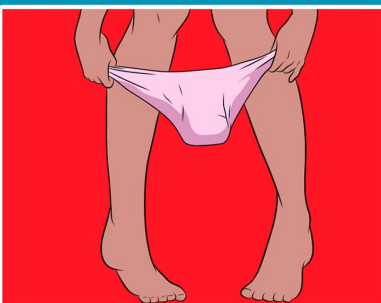
**FOLD OUT THE FLAPS, OR WINGS, AND TAKE OFF THE LONG CENTER BACKING THAT COVERS THE ADHESIVE ON THE CENTER**



**STICK THE ADHESIVE PART TO YOUR PANTIES**



**PRESS THE PAD INTO THE MIDDLE OF YOUR UNDERWEAR, MAKING SURE IT IS CENTERED, AND THE GLUE IS STUCK FIRMLY TO THE FABRIC**



**WEAR THE PANTIES AS USUAL**

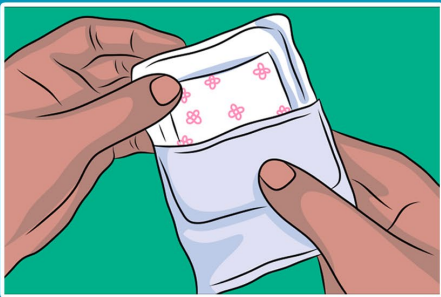
# HOW TO DISPOSE A USED SANITARY PAD



**REMOVE THE PAD BY GRIPPING A CLEAN EDGE BETWEEN YOUR FINGERS AND PEELING IT OFF YOUR UNDERWEAR**



**ROLL THE PAD SO THAT THE ADHESIVE SIDE IS ON THE OUTSIDE AND THE SOILED [ART IS ON THE INSIDE]**



**UNWRAP THE NEW PAD AND USE THE WRAPPER TO HOLD YOUR OLD PAD**



**THROW OUT YOUR PAD IN THE TRASH- NEVER EVER FLUSH IT DOWN THE TOILET**



**WASH YOUR HANDS AFTER**



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