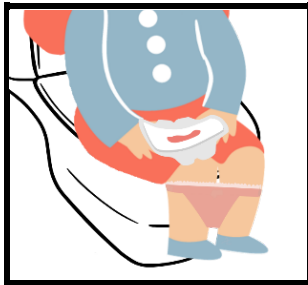


Changing Your Sanitary Pad



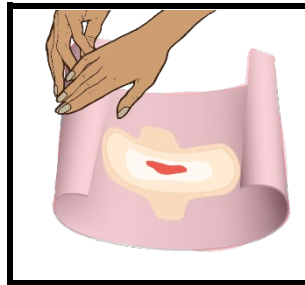
1

go to the
bathroom



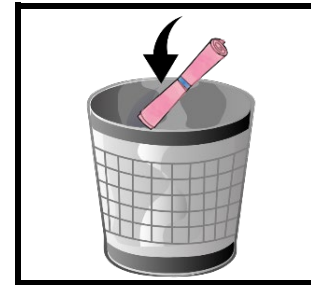
2

remove the
used pad



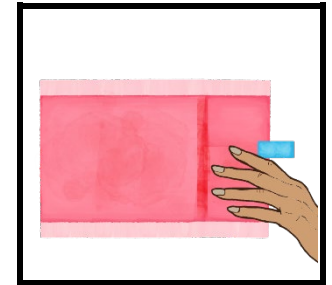
3

roll up pad in
wrapper



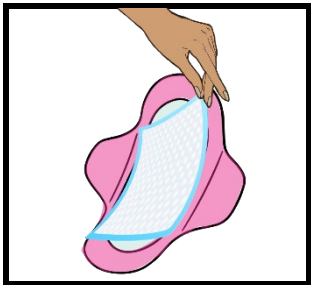
4

put used pad
in garbage



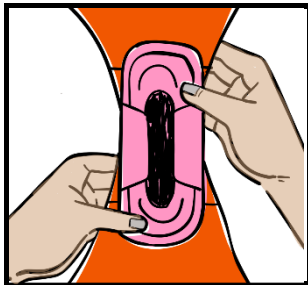
5

open new
clean pad



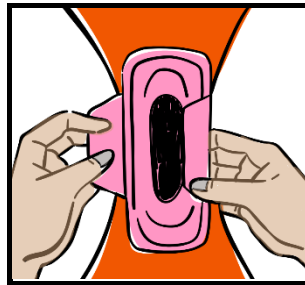
6

remove top
paper strip



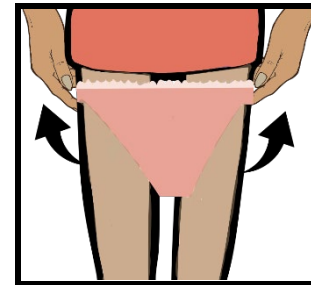
7

put pad in
underwear



8

stick wings
over sides



9

pull up
underwear



10

wash hands