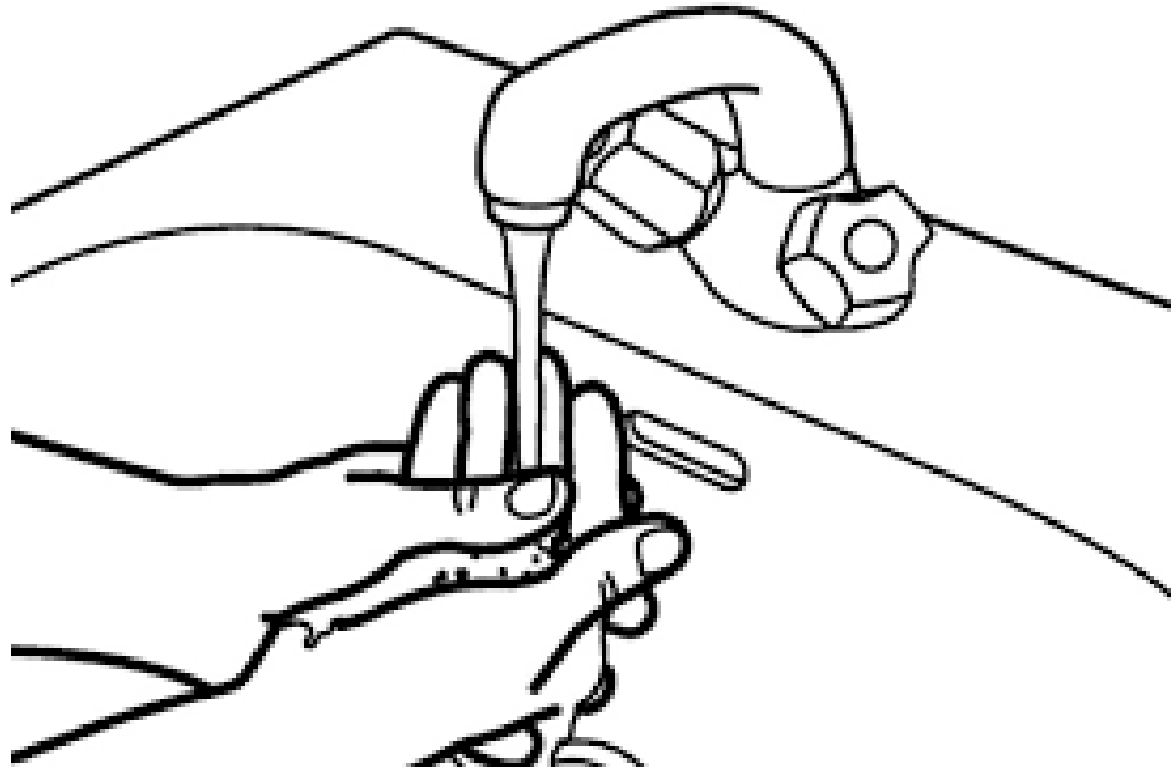


Wash your hands before and after changing sanitary napkins



Change of sanitary napkins regularly during the day



DON'T WAIT MORE THAN 4 HOURS TO CHANGE NAPKINS TO AVOID INFECTION !

Wash yourself every day with soap and clean water



Continue your usual activities, like going to school, working, dancing, sport, cooking, playing,...



CALL DOCTOR

if menstrual period

- Periods longer than 7 days.
- Periods with a lot of bleeding. (having to change napkins every hour longer than 1 day)
- Bleeding between menstrual periods.
- Big pelvic pain longer than a day

If you are a teenage girl, see your doctor if you have not started having periods by age 15.



