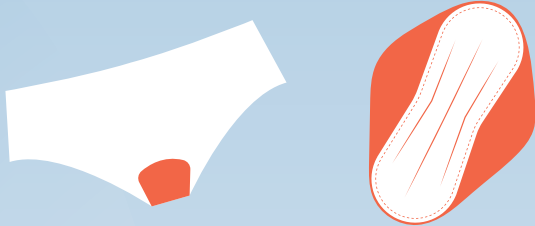


FREE

PERIOD PRODUCTS

TAKE WHAT YOU NEED WHEN YOU NEED IT!

There are a lot of products out there - find the best one for you!



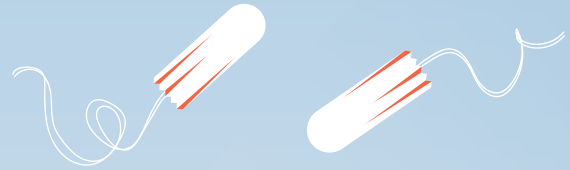
HOW TO USE PADS:

Wash or sanitize your hands and take the pad out of its wrapper.

Stick the pad in your underwear using the sticky strip on the back.

If the pad has wings, peel off the paper and wrap the wings around the edges of your underwear.

Change your pad every 3-4 hours, or when it's soaked.



HOW TO USE TAMPONS:

Wash or sanitize your hands and get into a comfortable position. You can squat, put one leg up, or sit on the toilet with your knees apart.

Take the tampon out of its wrapper.

Push the tampon into your vagina using the applicator or your finger, depending on what kind of tampon you have.

Change your tampon every 4-8 hours. Don't leave your tampon in for more than 8 hours.



SCAN THE QR CODE.

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Learn More.

HOW TO REMOVE TAMPONS:



Wash or sanitize your hands and gently pull the string.

OUT OF PRODUCTS? REACH OUT TO



Wrap used period products in their wrapper or toilet paper and throw them in the trash. Do not flush.