## Period Hygiene



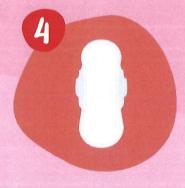
Change your period pad regularly.



Never Flush a period pad down the toilet because it'll block the toilet.



Dispose of the period pad in the bin provided.



Put on a clean period pad.



flush the toilet after use.



wash your hands.



Use these products with respect, they're For everyone.





