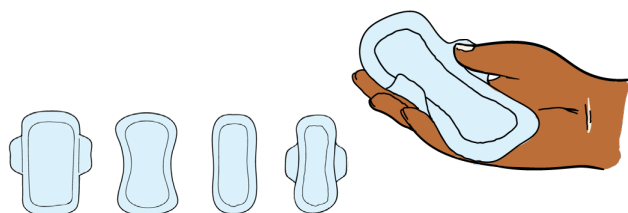


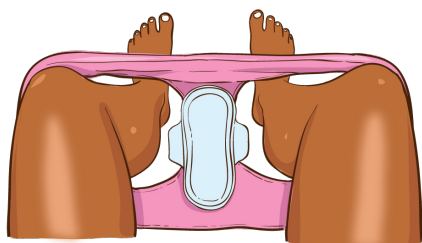
# How to Use a Sanitary Napkin (Pad)



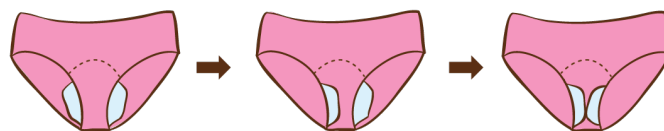
Choose a pad of the appropriate width, absorbency (thickness), shape and style.



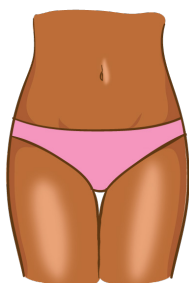
Remove any wrappers or boxes from the pad.



Get in position.



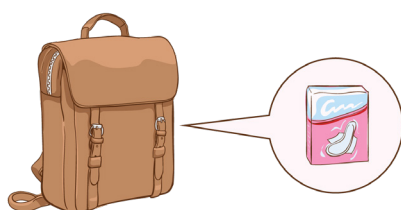
Stick the adhesive part to your panties.



Wear the panties as usual. Change when convenient or when you feel the pad is fully soaked and needs to be changed.



Stay hygienic.



Always carry extras.



Opt for more comfortable and dark clothes.

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Adapted from [wikihow.com/use-a-sanitary-napkin-\(pad\)](https://www.wikihow.com/use-a-sanitary-napkin-(pad))

AHF