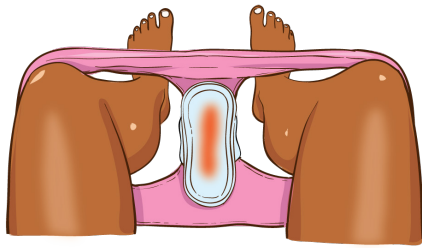


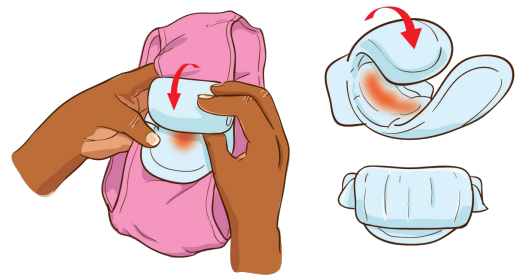
# How to Dispose Sanitary Napkin (Pad)



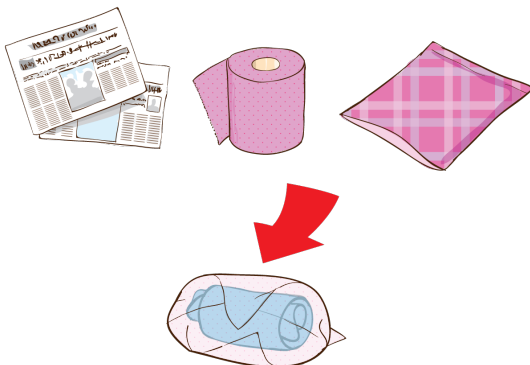
Check your pad regularly.



Remove the used pad from your underwear and roll it up.



Wrap the pad in a piece of paper or wrapper from a fresh pad.



Put the wrapped pad in the garbage can. Never flush.



Wash your hands when you are done.



Take out the garbage bag with the used pad in it as soon as possible.



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

AHF