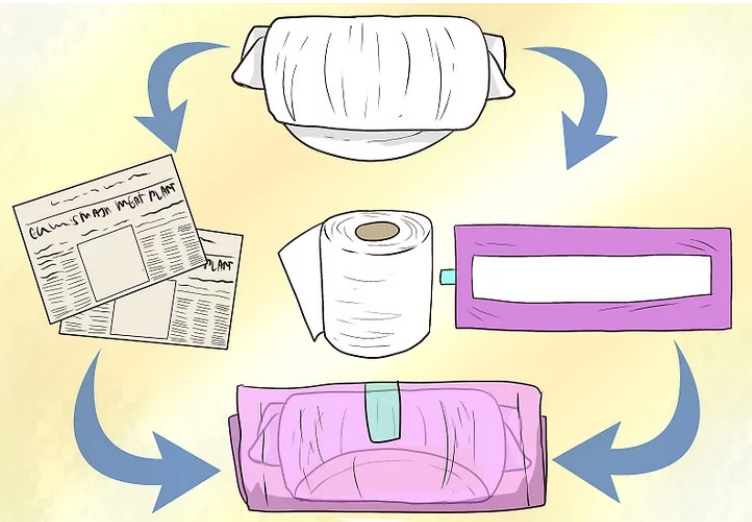


How to Dispose of Used Sanitary Pads

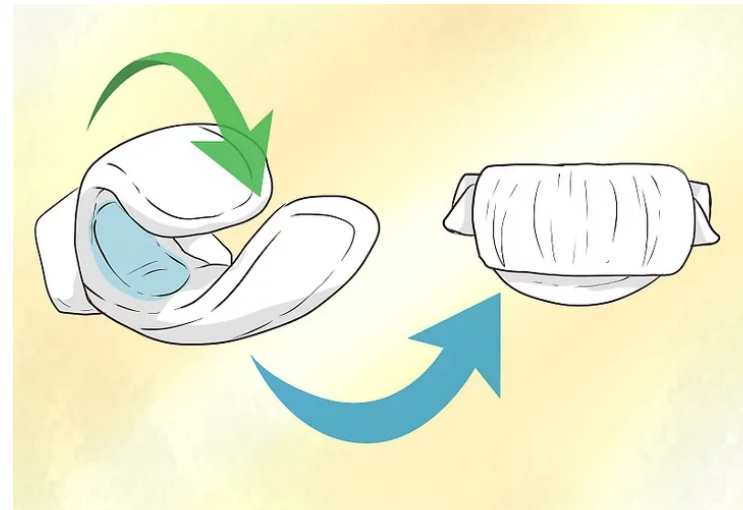
Remove the used pad from your underwear and roll it up. When you're ready to change your pad, carefully remove it from your underwear. Roll the pad up tightly and neatly, starting from one end and working your way to the other. Roll it up so that the soiled part is on the inside, and the adhesive part is on the outside.

- Rolling up your pad will make it easier to wrap and minimize the space it takes up in the garbage.



Put the wrapped pad in the garbage can. Once the pad is wrapped, toss it in the bathroom garbage. If possible, use a garbage can or bin with a lid. This will help keep any odors from the pad contained.

- Never flush your pad, wrapper, or paper liner down the toilet. Doing so will clog the plumbing.
- Preferably, you should put the pad in a garbage can with a bag or liner. Some public bathrooms have small trash cans or metal disposal bins in each stall where you can dispose of pads or tampons.



Wrap the pad in a piece of paper. Wrapping your pad will make it more sanitary and help keep odors contained. Use a piece of newspaper, toilet paper, or waste paper to carefully wrap your rolled-up pad.

- You can also use the wrapper from a fresh pad to wrap up your used pad. If the wrapper has an adhesive tab on it, use that to help keep the wrapped pad secure.



Wash your hands when you are done. Once you've thrown away the pad and finished up in the bathroom, wash your hands with soap and warm water. This will help prevent the spread of germs and rinse away any menstrual blood that may have gotten on your hands.

- It's also important to wash your hands before changing your pad. This can prevent you from accidentally introducing unwanted germs into your genital area.