

# TAMPONS 101

*The  
Natural  
DIY*

Everything You  
Need to Know



## *What Are Tampons?*

A replacement to your regular sanitary napkin and are meant to be inserted into your vagina. A tampon when inserted, absorbs the menstrual blood when you are on a period. Comes in different sizes & types.

## *How to Use?*

STEP 1



STEP 2



STEP 3



The very first step is to wash your hands properly. The next step is to remove a tampon from its covering. Sit in a comfortable position or squat and insert the tampon inside your vagina gently. If you are using the one that comes with an applicator, you might want to press the applicator to insert your tampon inside. Always make sure that the thread is hanging outside and change your tampon every 4 to 8 hours.

## **TSS (TOXIC SHOCK SYNDROME)**

Toxic shock syndrome is a rare disease that happens due to growth of certain bacteria in your vagina. This bacteria produces a toxic substance that can cause organ damage to your liver, heart, kidney etc.



# Everything You Must Know About Tampons

**Xiaolong Qi**



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