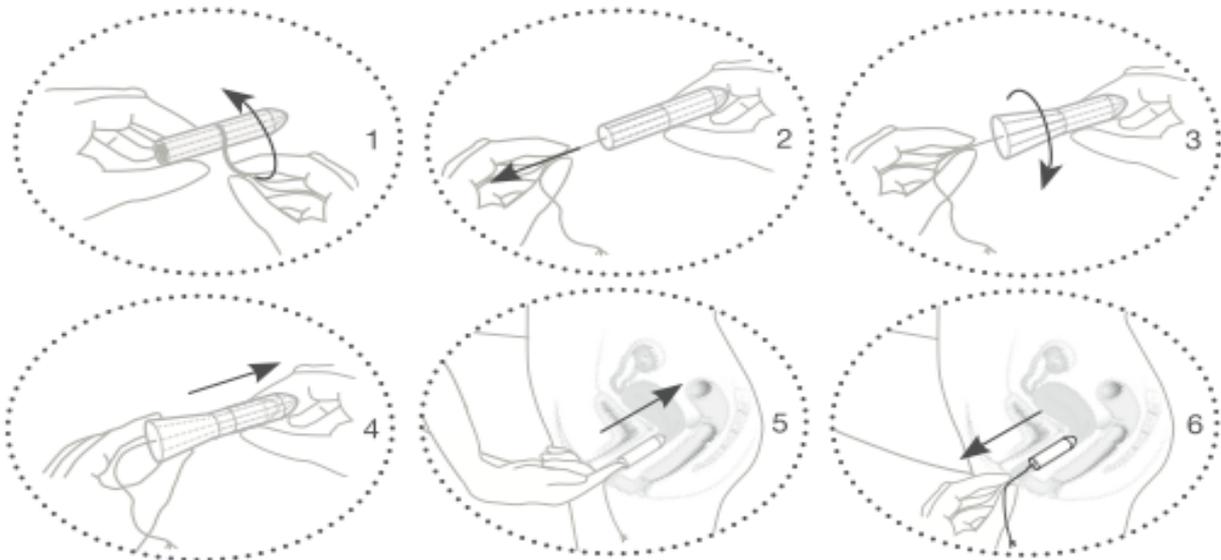


Organic Cotton Tampon Instructions

HOW DO I INSERT AN ORGANIC COTTON TAMPON WITH NO APPLICATOR?

- 1) Always wash your hands thoroughly before and after inserting a tampon.
- 2) Remove the coloured tear strip and unwrap the bottom half of the covering. Carefully unwind the withdrawal string.
- 3) While holding the string and tampon, firmly tug the string once to ensure that it's securely attached.
- 4) Place your finger on the end of the tampon with the withdrawal string and remove any remaining wrapping. Relax and put yourself in a comfortable position, either sitting with your legs apart or standing with one leg raised and resting on the toilet lid.
- 5) With the other hand, carefully open the labia.
- 6) Insert the tampon with your finger at an angle, aiming for the small of your back. If you feel resistance, change direction when inserting. If you can still feel the tampon, it needs to be inserted deeper. The withdrawal string should now be hanging outside the vagina, ready for removing the tampon. When you're finished, wash your hands.



WHEN TO CHANGE YOUR TAMPON

- By lightly tugging on the withdrawal cord you will be able to tell if it is time to change your tampon.
- If the tampon does not move, it is not saturated and there is no need to change.
- Though your needs will depend on your individual flow, you should change your tampon 3-6 times a day. **You should never leave a tampon in for more than 8 hours.** We recommend that on each day of your period, you use the lowest absorbency tampon needed to suit that day's flow.

REMOVING YOUR TAMPON

- 1) Relax and gently pull the withdrawal string so that the tampon slides out. It is easiest to remove a tampon when it is fully saturated. If you have problems removing the tampon, it could be because the tampon is not yet fully saturated.
- 2) If you cannot find the withdrawal string it can usually be reached from a squatting position using your fingers. Remember to remove the current tampon before inserting another; and always remember to remove the last tampon at the end of your period.

PROPERLY DISPOSING OF YOUR TAMPON

Wrap up the used tampon securely and dispose of it in a trash bin. We recommend you use an alternative means of disposal other than the sewage system. Do not flush the wrapper down the toilet under any circumstances.

WHICH TAMPON SIZE SHOULD I USE?

Some periods are heavy and others light; young girls differ from post-childbirth women; and a woman's choice of contraception can affect menstruation. This is why Change To Green tampons are available in all the typical sizes and absorbencies:

MINI between 6 and 9 grams — suitable for light to medium flow

REGULAR between 9 and 12 grams — suitable for medium to heavy flow

SUPER between 12 and 15 grams — suitable for heavy flow

SOME TIPS ON FINDING THE RIGHT SIZE

A tampon should be changed every 4 - 8 hours. If you need to change it more often than that, try a larger size tampon with a higher absorbency rating. If changing your tampon is uncomfortable and the tampon still shows white after the recommended time, try a smaller size tampon with a lower absorbency rating.

IMPORTANT NOTES ON FINDING THE RIGHT SIZE

Select the size or absorbency rating that suits your menstrual flow and always choose the smallest size to lower your risk of developing TSS.

Never exceed 8 hours of use with a single tampon and do not use overnight.

Never use bigger tampons to extend the time a single tampon may be used.

Please see the next page for important health information about TSS.

IMPORTANT HEALTH INFORMATION

Toxic Shock Syndrome (TSS) is a rare but very serious and potentially fatal illness that can occur in men, women and children. It is caused by a toxin that is produced by a type of bacteria, *Staphylococcus aureus*, that is frequently present in humans. Almost half of all cases occur amongst menstruating women and girls, especially teenagers and women under 30 years of age.

TSS can occur without tampons but has been connected with the use of tampons. Change to Green tampons contain no nasty chemicals, however you should still take precautions against TSS. TSS can be fatal and must therefore be recognized and treated early. The symptoms of TSS can appear suddenly during or just after menstruation and they closely resemble the flu. The symptoms below will not all necessarily occur at the same time:

- Highfever (higher than 38-39°C / 102°F) and chills
- Fainting, dizziness, weakness
- Vomiting, diarrhea, or both
- Headache, muscular pain, sore throat
- Sunburn-like rash

If these symptoms appear you must remove your tampon and seek medical attention immediately. Tell your doctor that you are menstruating and that you have been informed about TSS.

TSS can recur both with and without the use of tampons. If you have suffered from TSS, or are concerned about TSS, please consult your doctor before resuming tampon use.