



SELF CARE TIPS

ON HOW TO USE A SANITARY PAD

DIRECTIONS FOR USE



1. Take the pad out of the bag.

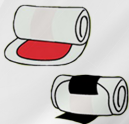


2. Remove the release sheet.



3. Fix the pad onto the underwear.

HOW TO DISPOSE



1. Roll the used pad & seal it with the release sheet..



2. Place the rolled pad into the disposable bag.



3. Safely dispose in a dustbin.