Changing a Tampon:

1 Check if it is time to change tampon

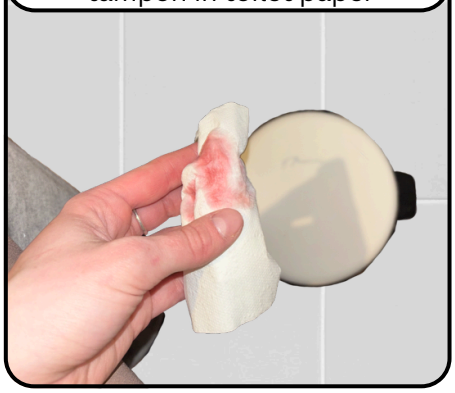
2 Go to the bathroom

3 Wash hands

4 Pull down underwear and sit on toilet

5 Remove tampon

6 Wrap tampon in toilet paper



7 Throw away tampon in trash

8 Take out new tampon

9 Unwrape new tampon

10 Insert new tampon

11 Throw away applicator and wrapper

12 Wash hands again

Emma Richardson, OTS