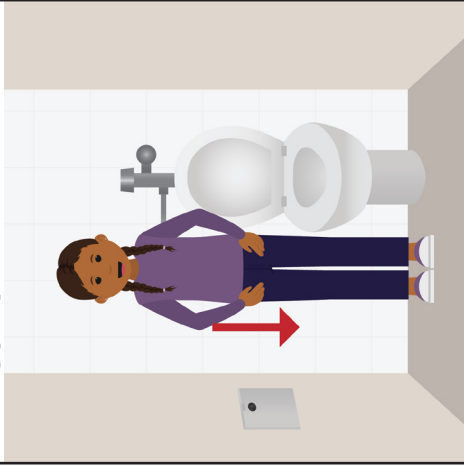
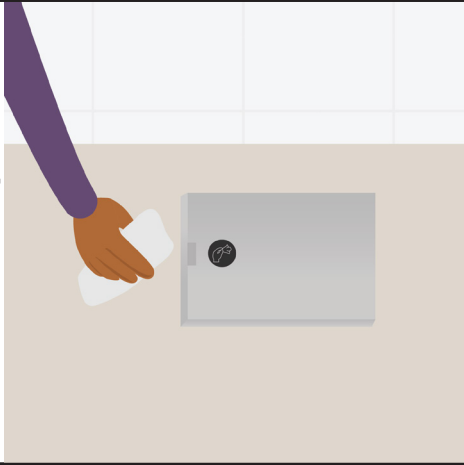




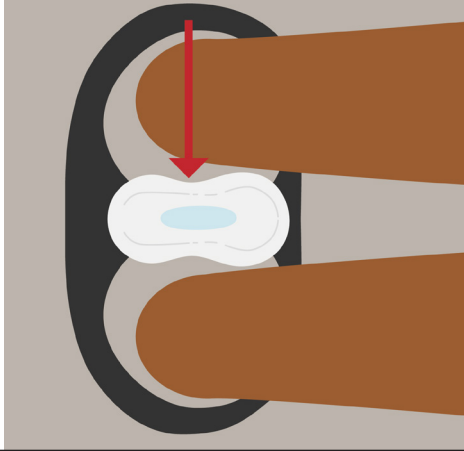
Pull down (up) appropriate clothing



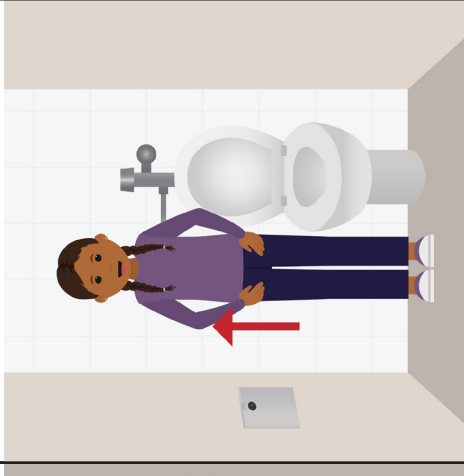
Remove and throw away the pad



Place the new pad in the center of your underwear



Adjust underwear/clothing



Using a Menstrual Pad (Public Bathroom) Sequence Strip

Complete the hand-washing routine



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