

LET'S TALK

PERIOD PROTECTION

PERIOD YOUR GO-TO GUIDE

With so many different products on the market, the choice for feminine hygiene products can be confusing. Here is some information to help you choose!

DISPOSABLE OPTIONS

SANITARY PAD

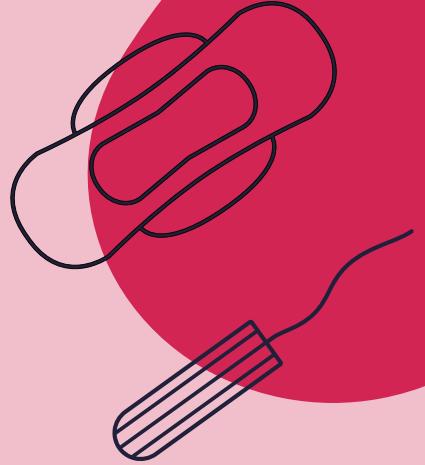
An absorbent pad worn on your underwear that absorbs the menstrual blood.

- ✓ easy to use
- ✓ can be worn while sleeping
- x can be pricey
- x positioning of pad can shift

TAMPONS

An absorbent product inserted into your vagina.

- ✓ convenient for sports & other activities
- ✓ discrete
- ✓ odourless due to being internally located
- x risk of Toxic Shock Syndrome (TSS) if kept in for too long
- x a pad or panty liner may also need to be worn



REUSABLE OPTIONS

MENSTRUAL CUP

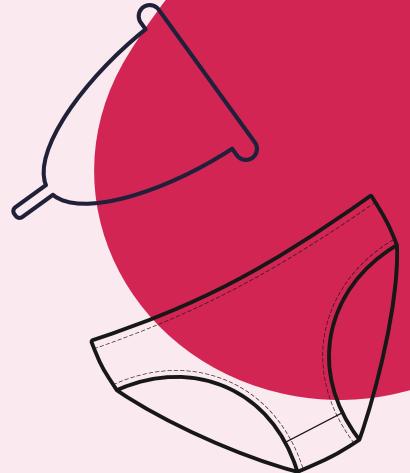
A flexible cup made of rubber or silicone that is inserted into the vagina, at the base of the cervix.

- ✓ reusable and less waste
- ✓ no odour
- ✓ fewer changes required
- x requires sterilization after each cycle
- x can be messy to remove and empty
- x can leak if the cup shifts

PERIOD UNDERWEAR

Panties with an absorbent lining to collect menstrual blood.

- ✓ reusable and eco-friendly
- ✓ can be used in combination with other products
- ✓ fashionable and comfortable
- x more expensive than regular underwear and typically more than one pair is needed
- x can cause odour



DID YOU KNOW

There are many free apps you can download to your phone to help you track when your next period is coming! Try:

Sisterhood App
Flo Period Tracker
Clue

Buy pads, tampons and cups at:
pharmacies, grocery stores and online

Shop for period underwear online.