

KNOW YOUR FLOW

CAN I GO SWIMMING DURING MY PERIOD?



Swimming during your period isn't a problem. However, you will want to use a tampon when swimming so you don't bleed through your swimsuit. The tampon won't fall out if it is put in correctly, so go ahead and make a splash!

NOTE: Pads won't work and will just fill with water.

For more information on menstruation go to medlineplus.gov/menstruation.html