# KNOW YOUR FLOW

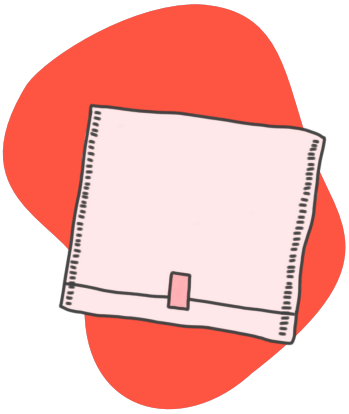
# HOW ARE PADS USED?



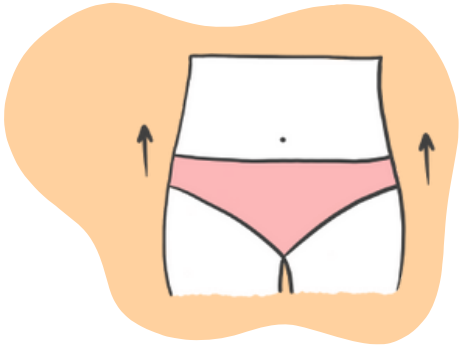
Pads are worn inside your underwear to collect your menstrual flow.



They come in different sizes, styles, and thicknesses.



Choose a pad based on your body size, your flow, and what feels comfortable.



Change your pad at least every 4 to 8 hours or whenever it seems full or feels wet and uncomfortable.

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

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