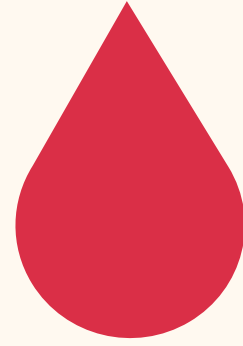


Period Care

for All!

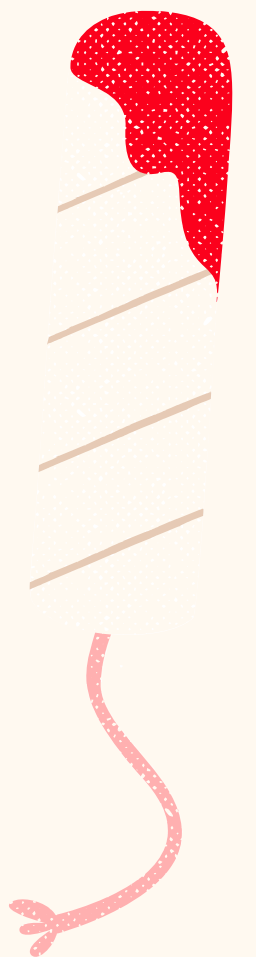


Know Your Options: Period Products

Pads/ Liners



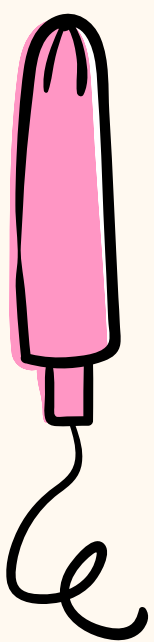
- Pads are flat pieces of soft material with a sticky side you stick to your undies.
- Pads catch and soak up your period blood as it comes out of your vagina.
- Pads can come with wings, be very long or quite short, thick or thin. You might want to wear a thick and long pad overnight, but a thin and short pad in the day.
- Pads can only be used once, and once used should be thrown in the bin.



Must be changed every 3-4 hours.

Bacteria and infection is a risk if not changed within 4 hours!

Tampons



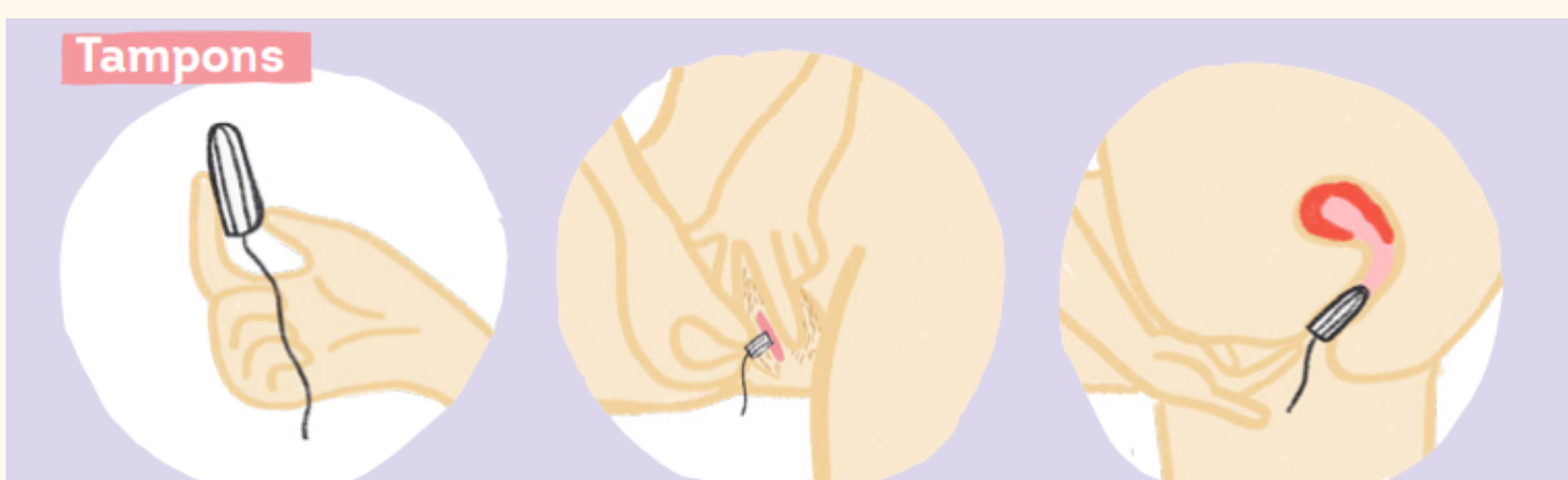
- Tampons are cotton tubes a few centimeters long that you push into your vagina.
- You leave them in for a few hours (no more than 8) to soak up the blood flowing out your vagina.
- Inserting and wearing a tampon should not hurt or feel uncomfortable; if it does it has not been inserted correctly.
- Tampons can only be used once, and once used should be wrapped in toilet paper and thrown in the bin.

Step 1: Getting ready to put a tampon in

The first thing to do is wash your hands to prevent dirt and germs from getting into or near the vagina.

Step 2: In a comfortable position take the tampon in one hand and gently insert it into the vaginal opening (string side down)

Step 3: Check that the string is visible hanging down from the vagina. This is there to help remove the tampon later. Inserting a tampon should never hurt. If it does, it may mean it's too absorbent or not inserted far enough. If part of the tampon is sticking out, push it in a bit farther.



Know Your Options: Period Products

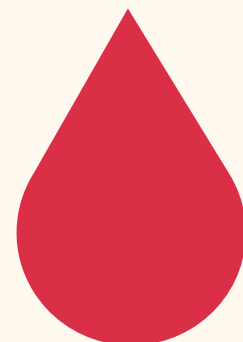


Period Underwear

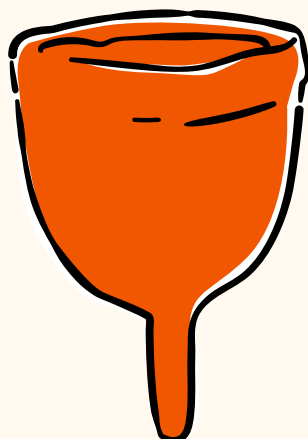
Period undies are underwear that have a thick, absorbent lining. They are designed to catch and absorb your period, and you don't need to wear any other product with them.

- No risk of toxic shock syndrome.
- Low risk of leaking.
- Comfortable and re-wearable.

To consider: **Washing!** Period underwear should be washed after every use. Wayside Chapel at Potts Point has washing facilities.



Menstruation Cup (Moon Cup)



- Menstrual cups are soft silicone cups that you push inside your vagina where they sit and catch your period.
- At least once every 8-12 hours you should remove the cup, empty it and wash it before you reinsert during mensuration.
- After each cycle you must sterilize the cup to reduce bacteria.

Available at KRC and MSIC.

You can wear a menstrual cup for 6 to 12 hours, depending on whether or not you have a heavy flow. This means you can use a cup for overnight protection.

Must be **sterilized** and **washed** in between use!

Safe Spaces and Facilities

Washing Available:

- Orange Sky (Woolloomooloo Domain Car Park Monday 6pm, Central Saturday morning 11.30am)
- Wayside Chapel
- Lou's place

Showers and Toilet Facilities:

- Orange Sky Mobile Shower
- Wayside Chapel
- Lou's Place

Counselling Available:

- Lou's Place
- KRC

Nurse for women's reproductive health and sexual health:

- KRC by appointment or walk in

Come and Talk to Us.
Periods don't always have to be a pain!

KRC (02) 9360 2766



Wayside Chapel 29 Hughes St, Potts Point NSW 2011
(02) 9581 9100

Lou's Place 67 Renwick St, Redfern NSW 2016 (02) 9358 4553

Family Planning free confidential advice line
1300 658 886
Translating service
131 450