

Don't be toxic...

GOOD MENSTRUAL HYGIENE CAN HELP PREVENT TOXIC SHOCK SYNDROME (TSS)



Choose organic,
100% cotton



Never use super
absorbency tampons



Change tampon
every 4 hours



Don't wear
tampons overnight



Wash hands
before removing
or inserting
your tampon



Don't use tampons
to absorb anything
other than your
menstrual flow

SEPSIS & TOXIC SHOCK SURVIVOR

In 2015, I was given a 5% chance of survival when diagnosed with toxic shock syndrome, sepsis and acute respiratory distress syndrome after using a tampon following my IUD removal. As women we must stick together and I believe in you. I believe in your right to feel clean and safe during your period. That's why our Period Planners are packed with everything you'll need during your menstrual cycle this month; new underwear, wipes and pads. I know firsthand how horrific it can be if tampons aren't used correctly, so please consider using these products in exchange for toxic tampons.

www.beginagainfoundation.com



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