

# JOIN THE FLOW.

## SUPPORT WOMEN ONE PERIOD AT A TIME!

You can help reduce the risk of TSS by donating safe, clean menstrual supplies to at-risk women in your community.

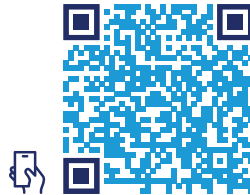
### LEARN HOW TO HOST YOUR OWN DRIVE

Visit our resource library and download our Period Planner Drive Toolkit.

[beginagainfoundation.com/resource-library](https://beginagainfoundation.com/resource-library)



# SCAN DOWNLOAD & SHARE



**TSS can be treated easily if caught early.**  
Scan, download resources like this in our resource library and share with your family and friends.

[beginagainfoundation.com/resource-library](https://beginagainfoundation.com/resource-library)

### UNINSURED MEDICAL EXPENSES OR CASE MANAGEMENT ISSUES

Our Leishline grant and case management programs may be able to help.

[beginagainfoundation.com/leishline](https://beginagainfoundation.com/leishline)

### GENERAL INFORMATION

[info@beginagainfoundation.com](mailto:info@beginagainfoundation.com)  
[www.beginagainfoundation.com](https://www.beginagainfoundation.com)



**BEGIN AGAIN FOUNDATION**  
Saving lives. Supporting survivors.

# HOW DO I SPOT TSS?

(Toxic Shock Syndrome)

- Headache
- High fever/chills
- Fainting
- Red eyes & mouth

- Racing heart
- Low blood pressure
- Muscle aches
- Seizure

- Sunburn-like rash on hands

- Nausea & vomiting

- Sunburn-like rash on feet

If you or someone is experiencing these symptoms,  
**SEEK MEDICAL ATTENTION IMMEDIATELY.**  
Tell them **YOU SUSPECT TSS.**

# WHAT IS TOXIC SHOCK SYNDROME?

It's a life-threatening overwhelming immune response triggered by certain bacterial infections.

## WHAT CAUSES IT?

### Bacterial infections.

Toxin released into the blood stream by staphylococcus bacteria or streptococcus pyogenes. Other rare cases involve Clostridium Sordellii related to gynecologic procedures and E. coli.

## WHO IS AT RISK?

### Anyone.

Those at **HIGHER RISK** include:



**Menstruating women using tampon, menstrual cups, contraceptive sponges or diaphragms**



**Recent childbirth or abortion**



**Skin infections, surgical wounds and burns**



**Nasal packing or medical gauze to treat nose bleeds**



**Immunocompromised**

## HOW DO I STOP TSS?

### Prevent infections, prevent TSS!



**Consider avoiding tampon use**



**Use good menstrual hygiene**

- Change your pad or tampon every 4 hours
- Avoid vaginal cleaners & douches during period
- Wash your pubic area daily
- Wipe from front to back when using the restroom with soft tissue
- Wash your hands before and after handling menstrual hygiene products



**Consider avoiding vaginal contraceptives like sponges, caps or diaphragms**



**Keep cuts, burns and surgical incisions clean**



**Seek medical attention immediately if you suspect an infection of any kind**

## HOW IS IT TREATED?

- Testing for type and source of infection
- IV fluids & antibiotics
- Medications for blood pressure and organ function
- Oxygen by mask, nasal cannula or mechanical ventilator
- Surgery to remove infection from cuts or wounds

## DID YOU KNOW?



**TSS has a mortality rate of up to 30%**



**42% of TSS cases occur in girls under the age of 19**



**25% of non-menstrual TSS occurs in males**

## MAKE A DIFFERENCE. Share your story.



In 2015, I almost lost my life to sepsis. If I had known the symptoms, I could have been treated early and never seen the inside of an ICU. I am one of the lucky ones to have survived and it has become my mission to raise awareness. It is my

passion to keep you from experiencing what myself and my family went through.

**Audrey Leishman**

Sepsis Survivor  
Founder of Begin Again Foundation

## READ MORE STORIES

or submit your own.

[beginagainfoundation.com/sepsis-stories](http://beginagainfoundation.com/sepsis-stories)

THE INFORMATION IN THIS PAMPHLET IS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. IT IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR A QUALIFIED HEALTHCARE PROVIDER WITH ANY QUESTIONS CONCERNING ANY OF THE INFORMATION CONTAINED IN THIS PAMPHLET.