

# Period products

## Easy Read fact sheet

**Warning – this fact sheet has pictures of private parts and blood**

## About this fact sheet

This fact sheet is from  
Jean Hailes for Women's Health.



Our website has helpful information about  
women's health.



This fact sheet is written in a way that is  
easy to understand.



We add a star before and after **\*hard words\***.  
Then we explain what the words mean.



You can ask someone to help you read and  
understand this fact sheet.



Contact information is at the end of this  
fact sheet.

## What are **\*periods\***?

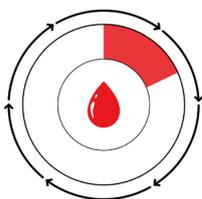


Periods are when women bleed from their **\*vagina\***.



Your vagina is a tube inside your body that connects to your **\*uterus\***.

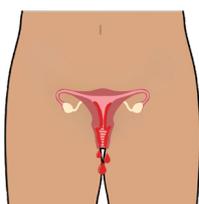
Your uterus is also called your womb.  
It is where babies can grow.



Periods are part of the **\*menstrual cycle\***.



A menstrual cycle is the way your body gets ready for pregnancy.



If you do not get pregnant, blood comes out of your uterus and flows out of your vagina.



When you get periods it means your body is working in a normal way.



We have another Easy Read fact sheet about periods on our website.

## What are \*period products\*?



Period products help you manage the blood from your period.

There are lots of products to choose from.

For example

- pads
- tampons.



You can look at different period products and talk about how they work.

It may take time to work out which products best suit you.



But soon they will become a normal part of life.

## Where can you get period products?



You can buy period products

- at supermarkets



- at chemists



- online.

Sometimes you can get free period products.

For example, in bathrooms at



- schools
- hospitals.

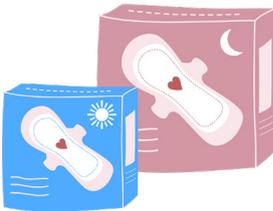


## What to think about when choosing period products

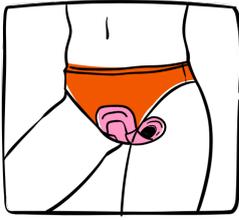
There are lots of things to think about when choosing a period product.

For example

- how easy it is to use
- comfort
- cost
- if it is good for activities like swimming
- how light or heavy your period flow is.

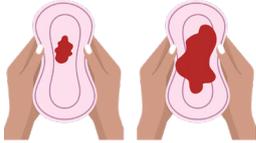


You can get period products in different sizes for days when you have light or heavy periods.



## What are \*pads\*?

Pads go into your underpants to soak up the blood.

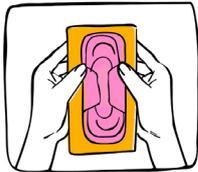


With pads, you can see your period and know if it is light or heavy.

## How to use pads



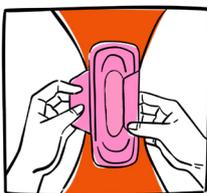
Wash your hands.



Take the pad out of its plastic wrap and unfold it.

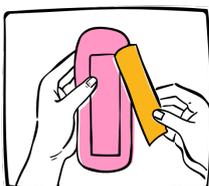


Peel the strip off the bottom of the pad.

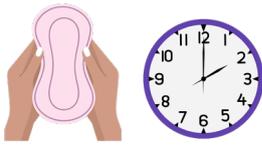


Put the sticky side of the pad onto the middle part of your underpants

If the pad has sticky wings, fold them under your underpants.



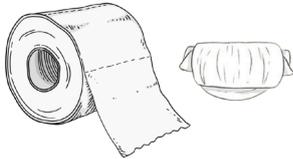
The sticky strips hold the pad in place.



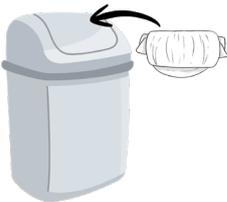
Change the pad every 3 to 4 hours or when it has lots of blood.



If you are not sure, you can change it every time you go to the toilet.



Take the used pad out of your underpants and wrap it in toilet paper.



Put the used pad in the bin.

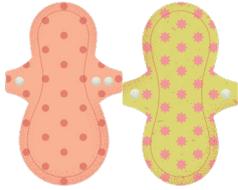


Put a new pad in your underwear.



Wash your hands.

## What are \*reusable pads\*?



Reusable pads are made out of fabric, like cotton.



You can wash them and use them again.



Reusable pads

- cost less over time

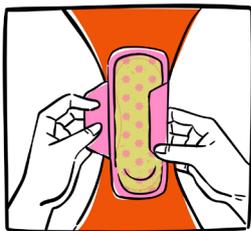


- are good for the environment because you can keep using them.

## How to use reusable pads

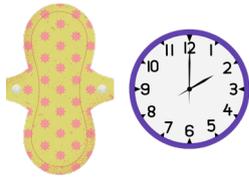


Wash your hands.

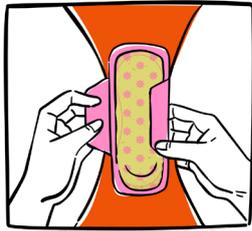


Put the pad into the middle part of your underwear.

Use the wings to hold the pad in place.



Change the pad every 3 to 4 hours or when it has lots of blood.



Put a new pad in your underwear.



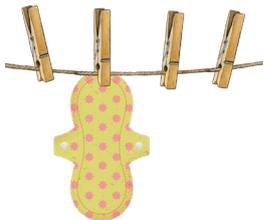
Put the used pad in a toiletry bag until you are ready to wash it.



Wash your hands.



When you are home, soak used pads in cold water.



Wash the pads and hang them out to dry.

## What is \*period underwear\*?



Period underwear are underwear that soak up the blood.



You can wash and use them again.

You do **not** have to use other period products with period underwear.

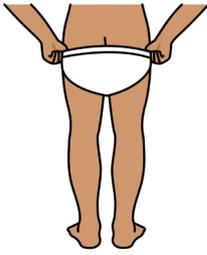


Period underwear

- cost less over time



- are good for the environment because you can keep using them.



## How to use period underwear

Wear period underwear like normal underwear.



They can be worn for up to 12 hours.



Put the used underwear in a toiletry bag until you are ready to wash them.



Put on a new pair of period underwear or use another period product.



Wash your hands.



When you are home, soak the underwear in cold water.

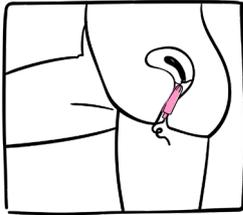


Wash the underwear and hang them out to dry.

## What are \*tampons\*?



Tampons are white cotton plugs that soak up the blood.



You put tampons into your vagina.



It may take some time to get used to tampons.



Tampons are good for activities like

- running
  
- swimming.



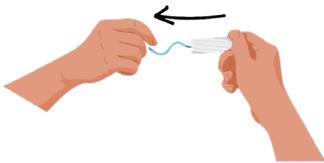
## How to use tampons



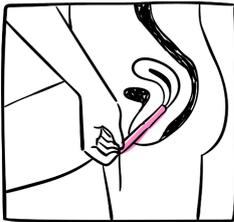
Wash your hands.



Take the plastic wrapper off the tampon.

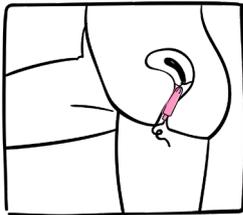


Pull the string so it hangs out from the tampon.



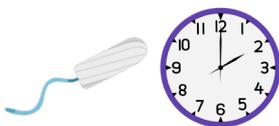
Push the tampon into your vagina until it feels ok.

You will not feel your tampon if it is in the right spot.



The tampon will stay in your vagina until you pull it out.

You should be able to see and feel the tampon string.



It is important to change the tampon at least every 4 to 6 hours.



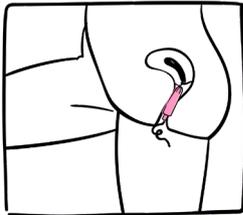
Pull on the string gently and the tampon will come out.



Wrap the used tampon in toilet paper and put it in the bin.



Do **not** flush tampons down the toilet.



Put a new tampon into your vagina.



Wash your hands.



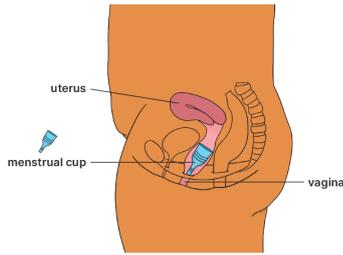
When you use tampons safely it will protect you from **\*toxic shock syndrome\***.

Toxic shock syndrome is when you get very sick.



This does not happen to many people.

## What is a \*menstrual cup\*?



A menstrual cup goes into your vagina to catch blood.



The cups come in different shapes and sizes.



You can wash and use them again.



Menstrual cups

- cost less over time



- are good for the environment because you can keep using them.

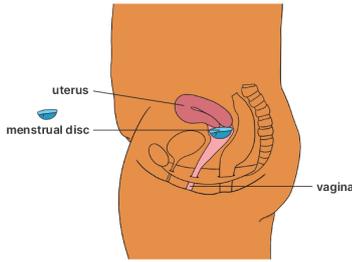


Read the information on the product pack before you use a menstrual cup.



It may take time to learn how to use a menstrual cup.

## What is a \*menstrual disc\*?



A menstrual disc goes into your vagina to catch blood.



The discs come in different shapes and sizes.



You can wash and use them again.



Menstrual discs

- cost less over time



- are good for the environment because you can keep using them.



Read the information on the product pack before you use a menstrual disc.



It may take time to learn how to use a menstrual disc.

## Where to get help

If you still have questions about periods and period products, you can talk to



- a family member



- a friend



- a nurse



- a doctor.



You can also read information on

- period product packs



- trusted websites
  - for example, government websites.





 **Jean Hailes**  
for Women's Health

## More information

For more information contact  
Jean Hailes for Women's Health.



**Call**      03 9453 8999



**Website**    [www.jeanhailes.org.au](http://www.jeanhailes.org.au)



**Email**      [education@jeanhailes.org.au](mailto:education@jeanhailes.org.au)



For more information about periods

- visit our [periods webpage](http://www.jeanhailes.org.au/health-a-z/periods)  
[www.jeanhailes.org.au/health-a-z/periods](http://www.jeanhailes.org.au/health-a-z/periods)



- download our  
[Easy Read All about periods fact sheet](http://www.jeanhailes.org.au/resources/all-about-periods-easy-read)  
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