



changing sanitary pads

1

2

3

4

5

6

7



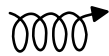
pull down  
underwear



take off



used  
sanitary pad



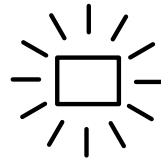
roll up



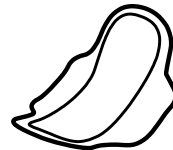
used  
sanitary pad



and put in bin



open new



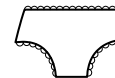
sanitary pad



put new  
sanitary pad



in



underwear



pull up  
underwear



wash hands