


**A SMALL STEP
TOWARDS HEALTH ...**

**IS A GIANT STEP
TOWARDS
SUCCESS !**



whisper



DOCTOR AUNTY, WHAT ARE PERIODS? HOW DOES IT FEEL TO GET PERIODS?

LET ME TELL YOU.

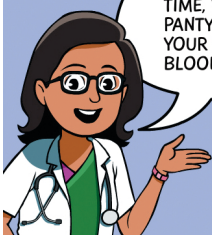


EVERY MONTH DURING PERIODS, A SMALL AMOUNT OF BLOOD COMES OUT OF THE VAGINA FOR A FEW DAYS.

VAGINA! ISN'T IT WHERE WE PEE FROM?



NO, WE PEE FROM THE URETHRA. VAGINA IS A SLIGHTLY BIGGER OPENING JUST BELOW URETHRA.



WHEN YOU GET YOUR PERIODS FOR THE FIRST TIME, YOU'LL FEEL SLIGHTLY WET IN YOUR PANTY BECAUSE OF THE PERIOD BLOOD AND YOUR PANTY WILL HAVE RED BLOODSTAINS AS WELL.

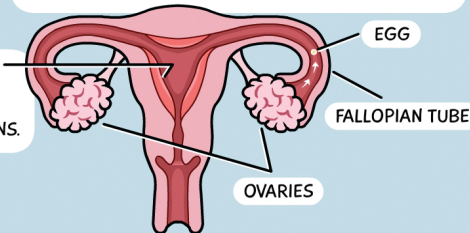


WHAT HAPPENS IN OUR BODY DURING PERIODS?

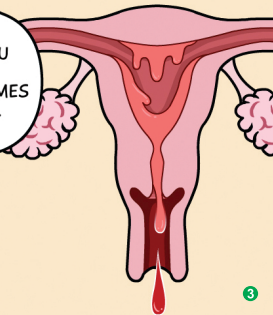


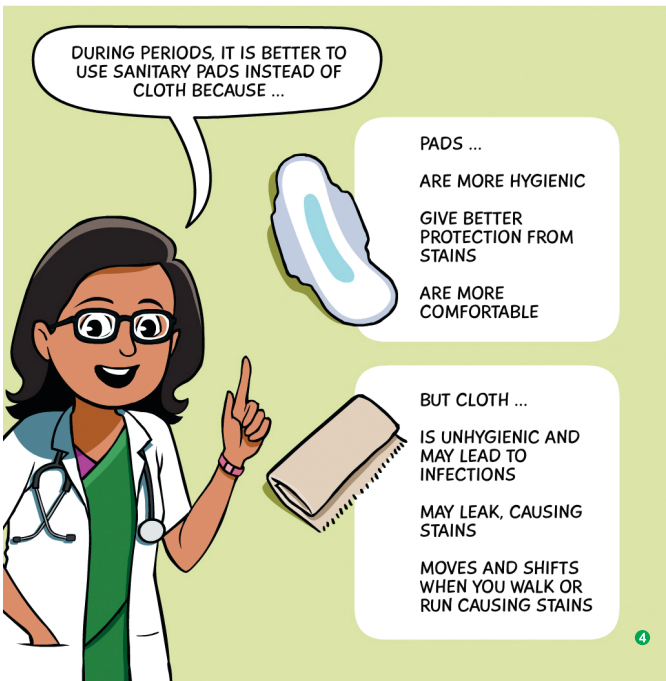
BETWEEN OUR HIPS, THERE IS AN ORGAN CALLED UTERUS. THERE ARE OTHER ORGANS CALLED OVARIES. EVERY MONTH OUR OVARIES RELEASE AN EGG THAT TRAVELS ALONG THE FALLOPIAN TUBE TO THE UTERUS.

AT THE SAME TIME THE INNER LINING OF THE UTERUS THICKENS.



WHEN YOU GET PREGNANT, THIS LINING HELPS NOURISH THE BABY. BUT WHEN YOU ARE NOT PREGNANT, THIS LINING IS NOT NEEDED. SO EVERY MONTH, THIS LINING COMES OUT AS RED BLOOD FROM YOUR VAGINA. IT IS VERY NORMAL.





BUT WHAT IF I GET PERIODS IN SCHOOL
AND I AM NOT PREPARED FOR IT?

IT'S QUITE COMMON
FOR GIRLS TO BE NOT
PREPARED FOR THEIR
PERIODS. SPECIALLY
WHEN IT IS THEIR
FIRST PERIOD.

YOU CAN ASK A LADY TEACHER OR A SCHOOL
NURSE FOR A PAD. THEY'LL UNDERSTAND AND HELP
YOU. IF YOU ARE AT HOME, YOU CAN ASK YOUR
MOTHER OR AN ELDER SISTER FOR A SANITARY PAD.

TEACHER, I THINK I HAVE
GOT PERIODS. COULD YOU
HELP ME GET A PAD?

IT IS VERY IMPORTANT THAT
YOU USE A GOOD QUALITY
SANITARY PAD LIKE WHISPER
THAT IS HYGIENIC AND
COMFORTABLE TO USE. IT IS A
GOOD HABIT TO KEEP A FEW
PADS HANDY AT ALL TIMES.



WHEN IT COMES TO HYGIENE AND COMFORT, NOTHING BEATS WHISPER.



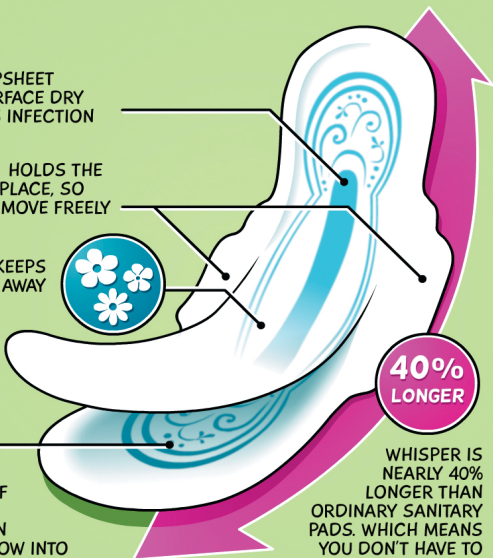
DRI WEAVE TOPSHEET
KEEPS THE SURFACE DRY
AND PREVENTS INFECTION

STICKY WINGS HOLDS THE
PAD FIRMLY IN PLACE, SO
THAT YOU CAN MOVE FREELY

FRESH SCENT KEEPS
PERIOD SMELL AWAY



THOUSANDS OF
MAGIC GEL
CRYSTALS TURN
MENSTRUAL FLOW INTO
GEL AND LOCKS IT IN. NO
LIQUID MEANS NO LEAK
AND THEREFORE NO STAINS.



40%
LONGER

WHISPER IS
NEARLY 40%
LONGER THAN
ORDINARY SANITARY
PADS. WHICH MEANS
YOU DON'T HAVE TO
CHANGE THE PAD
FREQUENTLY EVEN ON LONG
DAYS AT SCHOOL!



TO USE A PAD:

PULL OFF THE PAPER STRIP COVERING THE STICKY PART ON THE BACK.



2

ATTACH THE STICKY PART TO THE CROTCH AREA OF YOUR PANTY AND REMOVE THE STRIP THAT HOLDS THE WINGS.



FOLD THE WINGS AROUND YOUR PANTY AND STICK THEM TO THE BOTTOM.

3



TO DISPOSE A USED PAD:

WRAP THE USED PAD IN A NEWS PAPER OR A WASTE PAPER.

1



2

THROW IT IN THE DUSTBIN AND COVER THE LID.



NEVER THROW THE USED PADS IN THE TOILET AS IT WILL CLOG THE DRAINAGE.

3



CHANGE YOUR PAD EVERY 6 HOURS OR MORE OFTEN IF NEEDED. DON'T FORGET TO WASH YOUR HANDS AFTER CHANGING THE PAD!





whisper[®]