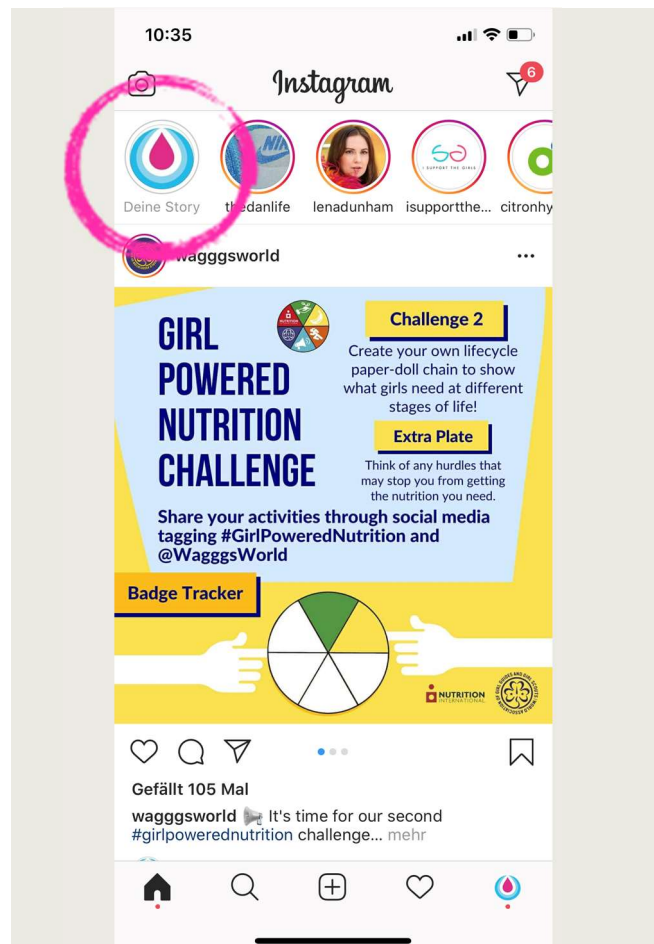
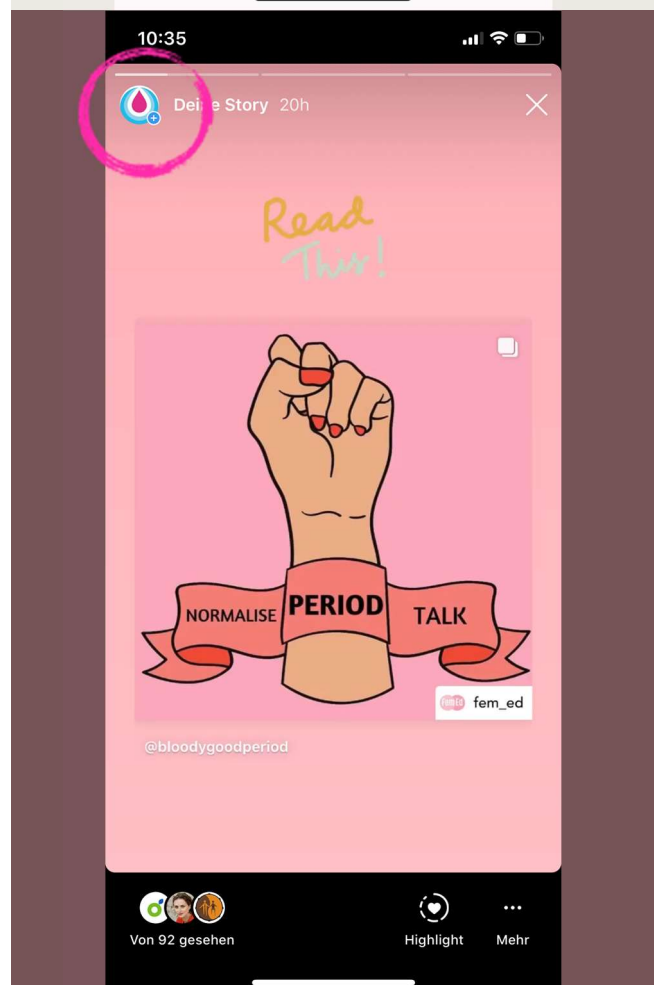


Step 1: Open Instagram and tap on your profile picture in the top left corner of your screen

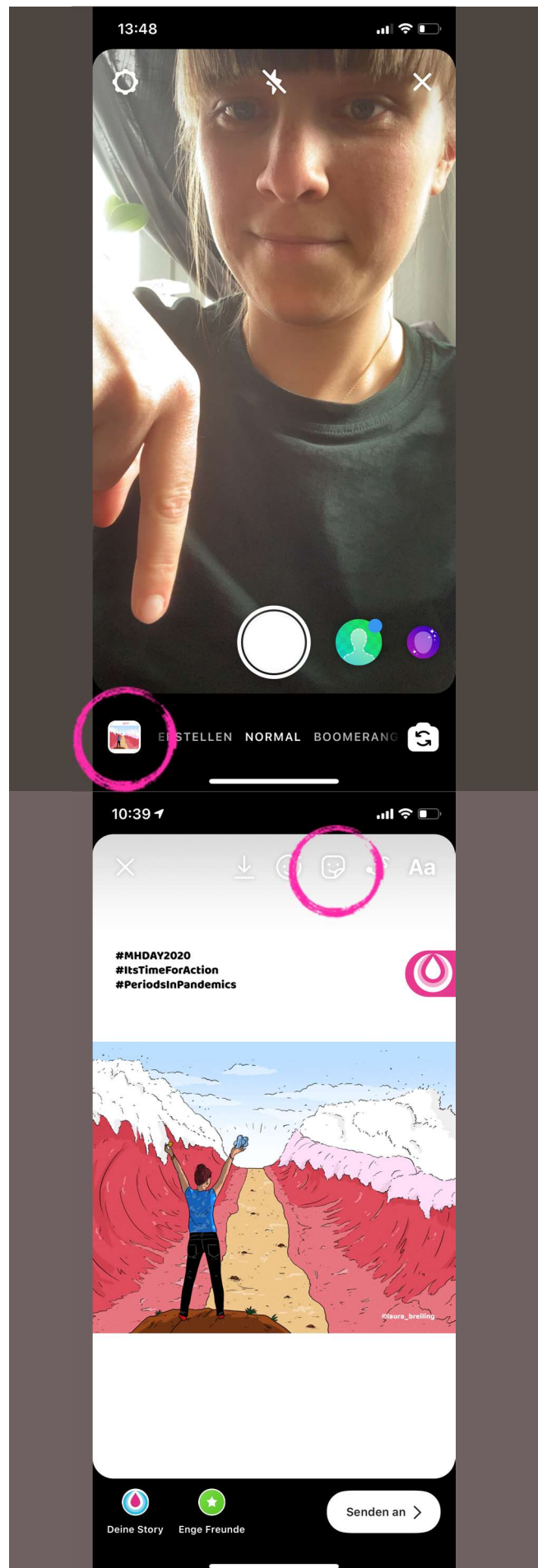


Step 2: If you've uploaded a story within the last 24 hours, you can now see your last story snippets. Tap on your profile picture with the little plus sign in the top left corner in order to add another story. If you haven't uploaded anything within the last 24 hours, skip this step.



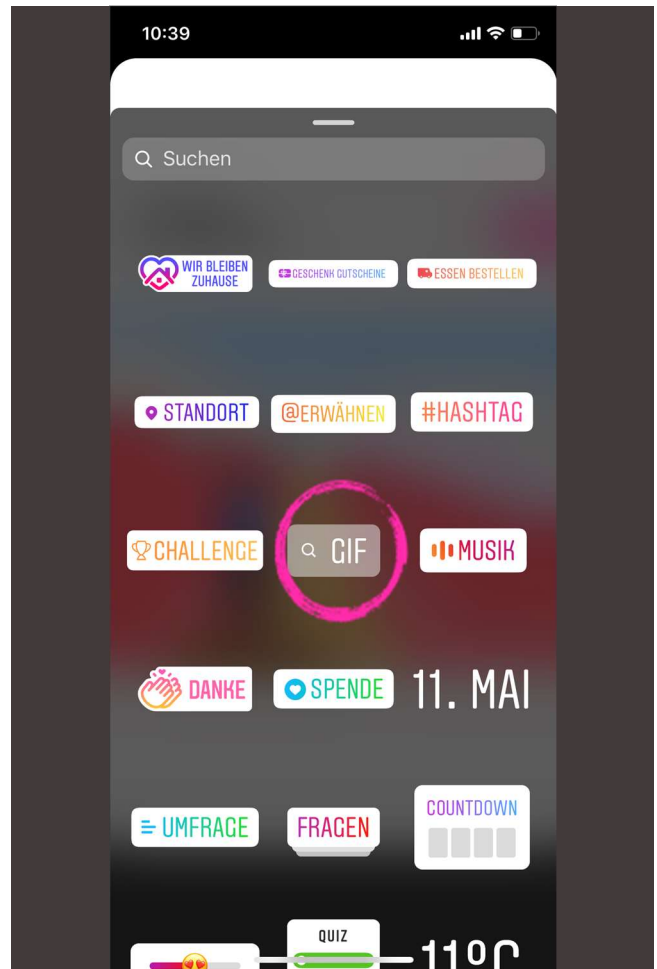
Step 3: Create a story.

You have the choice: You can take a new picture, record a short video or use an existing photo/picture as the basis of your story. Let's say you want to add a picture. Tap on the little picture in the lower left corner to access your smartphone's media library. Now choose a picture.

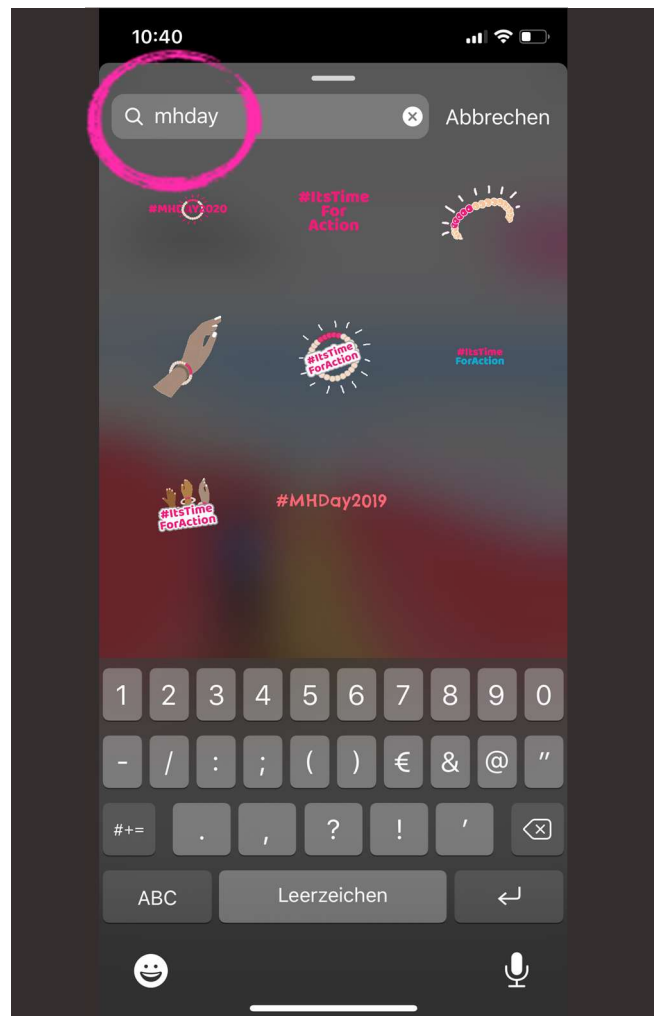


Step 4: Great! You added a picture. Now you can add one of our lovely MH Day GIFs. Tap the encircled symbol in the upper part of your screen.

Step 5: Now you are in the slightly overwhelming menu of features that you can add to your story. Select GIF.



Step 6: Type „mhdlay“ in the upper search box. If you don't see the right results, make sure that you spelled the search word correctly. Choose the GIF you want to use. If you want to use more than one GIF, repeat this step.



Step 7: Et voilà! Your story is ready to go! If you want, you can add your own (very short) text by tapping the „Aa“ symbol in the upper right corner.

Also, you can tag our account by typing @menstrualhygieneday.

When you're ready, tap on your profile pic in the lower left corner in order to publish your story.

That's it!

