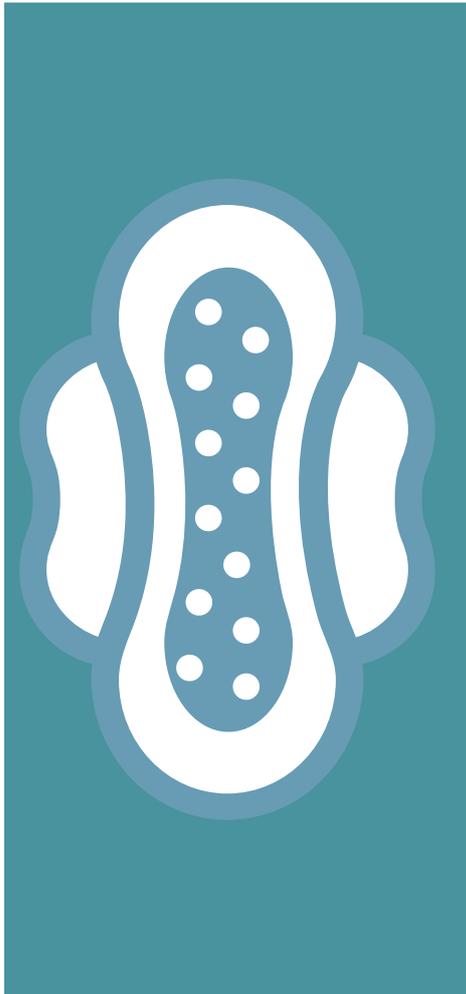


Free period products

Take whatever you need... and it doesn't have to be for yourself either, you can pick them up for someone else.



Reducing period poverty

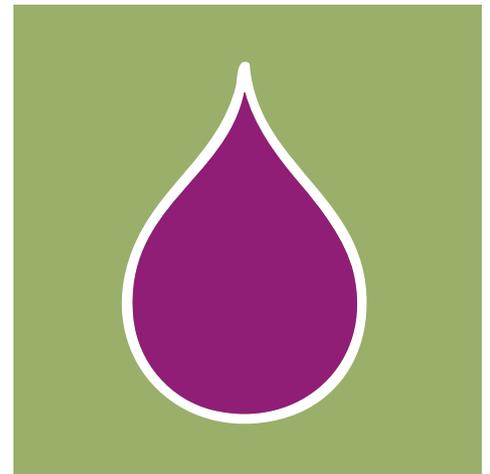
Important information on tampon use:

Tampons are associated with Toxic Shock Syndrome (TSS). TSS is a rare but very serious illness that can develop rapidly in anyone. But don't worry – across the whole of the UK, there are only about 20 cases reported each year that are associated with people using tampons.

TSS is so rare that most doctors will not come across TSS during their medical careers. Further information on TSS is available at www.tssis.com

Symptoms of TSS include: a sudden high fever usually over 39°C, vomiting, diarrhoea, muscle aches, a sunburn like rash, sore throat, dizziness and/or fainting, and severe flu-like feeling. Not all symptoms of TSS may occur simultaneously.

In the unlikely event that symptoms of TSS occur, remove the tampon, consult a doctor urgently and inform them that a tampon has been used. If left untreated, TSS can be fatal.



An Orkney Partnership Project distributed by Orkney Islands Council and Voluntary Action Orkney