



## Tampon Safety Information

Toxic Shock Syndrome (TSS) is an incredibly rare, but serious illness. TSS can occur in both men and women of any age as a result of burns, insect bites or surgery but around half of all cases occur during menstruation and are associated with internal sanitary protection including tampons. The good news is that when recognised quickly TSS can be treated successfully and most people make a full recovery.

### Symptoms

Toxic Shock Syndrome symptoms can develop very quickly and may seem like flu. Look out for a sudden high fever (usually over 39°C), dizziness, fainting, vomiting, diarrhoea, sunburn-like rashes, sore throat, or muscle ache.

Not all of these symptoms may occur at the same time, if you're experiencing some of them during your period and are worried about TSS, remove your tampon and seek medical advice immediately.

### Tampon Absorbencies

<b>Lite</b> ●●●●●●	<6g very light to light flow
<b>Regular</b> ●●●●●●	6-9g light to medium flow
<b>Super</b> ●●●●●●	9-12g medium to heavy flow
<b>Super Plus</b> ●●●●●●	12-15g heavy flow
<b>Super Plus Extra</b> ●●●●●●	15-18g very heavy flow
<b>Ultra</b> ●●●●●●	18-21g extremely heavy flow

Menstrual flow varies throughout your period. For safe and comfortable use of tampons choose the tampon absorbency to match your flow. Everyone is different but some women may use up to three different tampon absorbencies during their period.

### How do I reduce the risk of TSS?

Follow these tips to reduce the risk of contracting menstrual Toxic Shock Syndrome:

- Wash your hands thoroughly before and after inserting a tampon.
- Change your tampon every four to eight hours (or more, if necessary).
- Use the lowest absorbency tampon for your flow.
- Switch to using a pad or liner every now and then during your period.
- Never use two tampons at once.
- Only use a tampon when on your period.
- Remember to remove your tampon at the end of your period.
- At night, use a fresh tampon before bed and remove it as soon as you wake up.

TSS is extremely rare however it can be fatal. We provide information about TSS inside every packet of Lil-Lets tampons, please read and keep the leaflet. For more info on Toxic Shock Syndrome, [www.tssis.com](http://www.tssis.com).

For more *information* or *advice* visit [www.lil-lets.com](http://www.lil-lets.com)