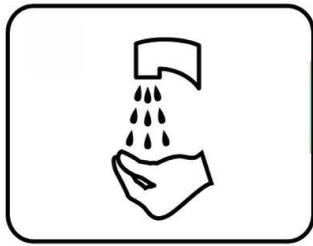


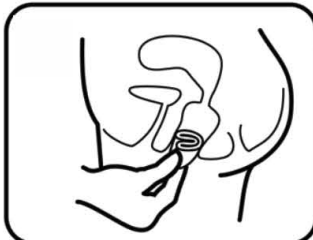
HOW TO **INSERT** MY CUP



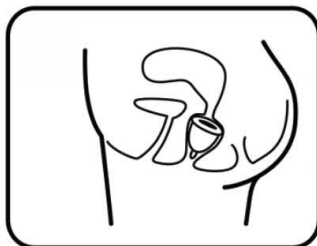
1. WASH HANDS WITH CLEAN WATER AND SOAP



2. FOLD YOUR CUP IN C-SHAPE OR
PUNCH-DOWN FOLD

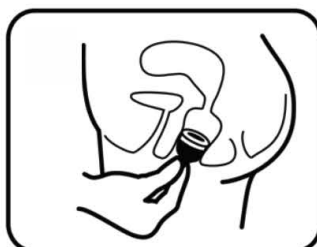


3. SQUAT DOWN AND INSERT YOUR CUP INTO YOUR
VAGINA

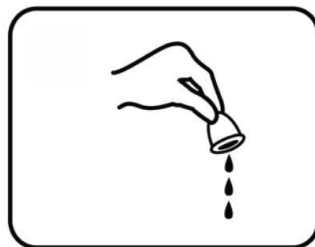


4. WEAR YOUR CUP FOR UP TO 12 HOURS

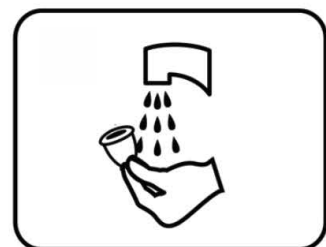
HOW TO **REMOVE** MY CUP



5. WASH HANDS, SQUAT,
AND PULL OUT YOUR CUP



6. POUR THE BLOOD OUT
INTO THE LATRINE



6. RINSE OR WIPE THE CUP
BEFORE RE-INSERTING IT