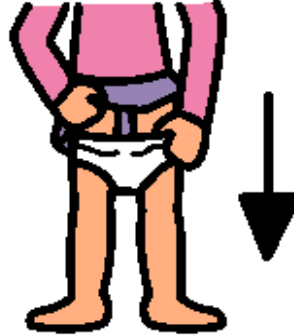


Go to toilet



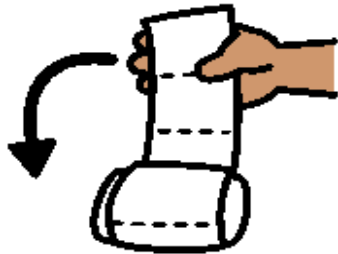
Pull down underwear



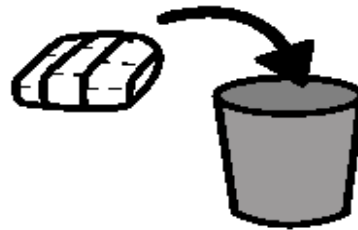
Take off pad



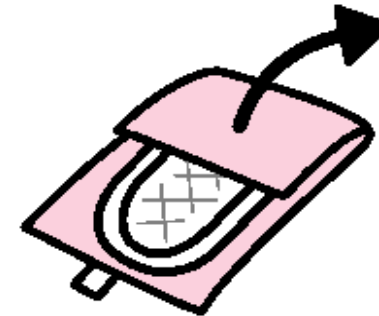
Wrap up old pad in toilet paper



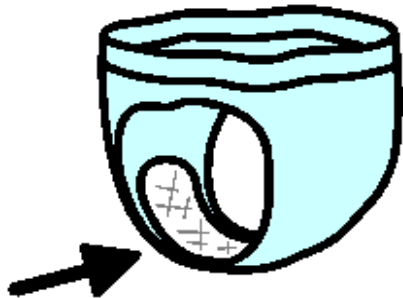
Put in bin



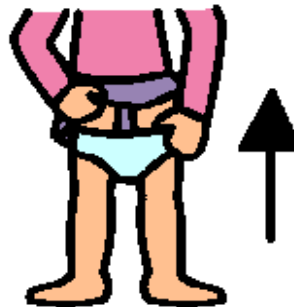
Open wrapper



Put pad in underwear



Pull up underwear and get dressed



Wash hands

