

# Changing my Pad

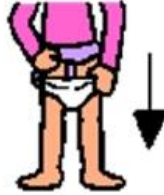
1. Go to the Bathroom



2. Sit on toilet



3. Pull down underwear



4. Take off old pad



5. Wrap old pad in toilet paper



6. Throw old pad in trash



7. Wipe myself with toilet paper



8. Put new pad on underwear



9. Pull up underwear



10. Wash hands

