

What is toxic shock syndrome or TSS?

Tampons are associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death.

WARNING SIGNS OF TSS ARE:

SUDDEN FEVER (USUALLY 102° F OR MORE), VOMITING, DIARRHEA, FAINTING OR NEAR FAINTING WHEN STANDING UP, DIZZINESS, OR A RASH THAT LOOKS LIKE A SUNBURN. IF THESE SIGNS OR OTHER SIGNS OF TSS APPEAR, YOU SHOULD REMOVE THE TAMPON AT ONCE, DISCONTINUE USE, AND SEE YOUR DOCTOR IMMEDIATELY.

IMPORTANT FACTS ABOUT TSS:

There is risk of TSS to all women using tampons during their menstrual period. TSS is a rare but serious disease that may cause death. There are scientific studies that have concluded that tampons contribute to the cause of TSS. The reported risks are higher to women under 30 years of age and teenage girls. The incidence of TSS is estimated to be between 1 and 17 cases of TSS per 100,000 menstruating women and girls per year.

REDUCING YOUR RISK OF TSS:

You can reduce the risk of developing TSS during your period by alternating tampons with menstrual pads. You can avoid any possible risk of getting tampon-associated TSS by not using tampons. There are scientific studies which have concluded that higher absorbency tampons increase the risk of TSS. You should select the minimum absorbency needed to control your flow to reduce the risk of developing TSS. Tampons are available in a range of absorbencies: Regular Absorbency (6-9 grams), Super Absorbency (9-12 grams) and Super Plus Absorbency (12-15 grams). Each absorbency range represents the grams of fluid that can be absorbed by all manufacturers; tampons based on a standardized laboratory test. Use this information to compare the absorbency of these tampons to other brands. If you have had warning signs of TSS in the past, you should check with your doctor before using tampons again. Consult your doctor if you have any questions.



Hi there Flow Friend!
Here is a list of random,
but rather important things:

- ▶ Thank you for being a part of the menstrual movement. Share your period positivity on social media & tag @GoAuntFlow
- ▶ YOU are changing the world. For every 10 menstrual products you purchase from Aunt Flow, we donate 1 to a menstruator in need. People helping people. PERIOD.®
- ▶ Have you tried Aunt Flow's 100% organic cotton tampons AND pads? goauntflow.com
- ▶ Want to get Aunt Flow menstrual products in your favorite gym, restaurant, school, or office bathroom? Shoot us an email (hello@goauntflow.com) and we will work with you to make it happen!
- ▶ Get FREE STICKERS for funsies. Text "STICKERS" to 929-298-2004