

What are the D's for protecting remaining hearing?



Decibels

Empty your menstrual cup **every 8-12 hours**, depending on your flow. Make sure to rinse the cup before reinserting to ensure proper hygiene.

Duration

Change your pad **every 3-4 hours** to avoid irritation. If you have a heavy flow, you may need to change it more frequently.

Distance

Change your tampon **every 4-8 hours** to prevent Toxic Shock Syndrome (TSS) and reduce the risk of bacterial infections.

Remove hearing aids
Wear earplugs

Listen with Confidence