

Dear Student,

You may already be aware that the government is financially supporting the provision of free sanitary products for those in education to combat the impact of period poverty.

Period products, such as pads and tampons are available for all who need them, when they need them, to collect from location points around the Academy site.

These can be collected from various locations around the Academy, such as:

- Student Reception
- School Nurse
- Ms McGonigal's office/Careers office
- Mrs Hayne's Office
- Mrs Taylor's Office
- Mrs Dearn and Miss Tucker's office
- Mrs Blackburn's Office
- Science Technicians
- Library
- Dance Studio and Office
- Sixth Form, Mrs Thompson

Toxic Shock Syndrome (TSS) (taken from the Tampax Compact Leaflet)

TSS is a rare but serious and sometimes fatal disease associated with tampon use. It is caused by toxins produced by the bacterium *Staphylococcus Aureus* which is commonly found in the nose and in the vagina.

About half the cases are associated with tampon use; the remainder occurs in those who are not menstruating. TSS is treatable, but early recognition and treatment are important.

Warning signs:

Sudden high fever (over 39 degrees Celsius)

Vomiting

Diarrhoea

Sunburn like rash

Sore throat

Dizziness and/or fainting

Muscle aches

Not all symptoms of TSS may occur simultaneously. TSS can rapidly progress from flu-like symptoms to a serious illness that can be fatal.

If you have more than one of these signs, immediately remove your tampon and contact a doctor. Tell them your symptoms; that you were using tampons and think you may have TSS. Consult your doctor before using tampons again if you have had TSS warning signs in the past.

Please feel free to collect products if you need them.

Student Services