Are tampons safe for me?

Tampons are safe for girls & women worldwide. Even if it’s your very first period, you can safely use tampons if you want to. But as with anything you put in your body, you need to know HOW to use them correctly and safely! To learn more, get our free ebook: You Got IT (click here!)

What is TSS?

Toxic Shock Syndrome, or TSS, is a rare, but life-threatening infection that has been associated with tampon use. It is caused by a bacteria that is naturally present on our skin, but can create an infection and make a toxin (like a poison). It can occur in men, women and children, but there is a higher risk in menstruating girls & women, especially if they are using a menstrual product that is inserted into the vagina. TSS is treatable with timely medical attention, so it is important to know the symptoms and know what to do if you think you may have it.

YOU NEED TO KNOW

TSS is RARE: You are more likely to be struck by lightening than to get TSS from using tampons.

It’s not more common than it used to be, but there is more awareness, which is good.

To REDUCE your risk for TSS
- If you use tampons, use the lowest absorbency that manages your flow
- Don’t use tampons 24-7
- KNOW the signs & symptoms of TSS - it’s like the flu: high fever, nausea, vomiting, diarrhea, rash, dizziness, confusion, muscle aches
- If you think you could have TSS, remove your tampon or menstrual cup and get to your nearest ER asap.

Are ORGANIC pads & tampons better for my health?

Organic or not, ANY tampon or other device used in your vagina can increase the risk for TSS. Then what about pesticides & chemicals from cotton farming? All cotton, organic or not, is processed with scalding hot water to remove its waxy coating, otherwise the cotton wouldn’t absorb. That super hot process removes pesticides & herbicides so well, that they are no longer detectable even in non-organic cotton. **Bottom line: organic pads & tampons may not be any “healthier” for your body, but organic farming can be healthier for the environment. It’s your choice.**