

English	Simplified Chinese (Mandarin) / 简体中文
<p>Choosing period products</p> <p>Period products absorb or collect the blood that is released during your period.</p> <p>Period pads</p> <p>Period pads are strips of padding that have a sticky side you attach to your pants to hold them in place. One side of the pad is made of an absorbent material that soaks up the blood.</p> <p>Many people use pads when they first start their period because they're easy to use. They come in many sizes and absorbencies, so you can change them depending on how heavy or light your period is.</p>	<p>选择月经期用品</p> <p>月经期用品可吸收或收集经期流出的血液。</p> <p>卫生巾</p> <p>卫生巾是带填充物的条状物，一面有胶，可将卫生巾固定在内裤上。卫生巾的一面采用具有吸收性材料制成，可吸收经血。</p> <p>卫生巾使用方便，许多人都是从月经初潮就开始使用。它们的尺寸多种多样，吸收能力也不尽相同。因此，您可以根据月经量多少来更换。</p> <p>卫生护垫是一种更小、更薄的卫生用品，可以在月经量很少的时候使用。您应该根据自己的月经量大约 4-6 小时更换一次卫生巾或卫</p>

<p>Pantyliners are a smaller and thinner type of pad that can be used on days when your period is very light. You should change pads or liners around every 4 to 6 hours, depending on your period. You can't flush pads or liners down the toilet, so just wrap them up and put them in the bin.</p> <p>Reusable period pads are also available which you can wash and reuse instead of throwing away.</p>	<p>卫生护垫。用过的卫生巾或卫生护垫不能扔进便池冲走，需将它们卷起，扔进垃圾桶。</p> <p>现在还有可重复使用的卫生巾，用水洗净后即可重复使用，而不用扔掉。</p>
<p>Tampons</p> <p>Tampons are small tubes of cotton wool that you insert into your vagina to absorb the blood before it comes out of your body. There's a string at one end which you pull to remove.</p> <p>Tampons come with instructions that explain how to use them. Some come with applicators and other types you can put in yourself. If the tampon is inserted correctly, you shouldn't be able to feel it. If you can feel it or it hurts, it might not be inserted properly.</p> <p>Your vagina holds the tampon firmly in place and it expands inside you as it soaks up the blood. There are different levels of absorbency. The packaging will tell you if the tampon is for light, medium or heavy periods. It's important to choose the right one for you. You can change the absorbency throughout your period if you need to, depending on how heavy your period is.</p>	<p>卫生棉条</p> <p>卫生棉条是一种棉质的小管状物，可在经血流出前置入阴道，以吸收经血。一端有棉线，用于拉出卫生棉条。</p> <p>卫生棉条附有使用说明，其中解释了卫生棉条的使用方法。有些卫生棉条带有置入器和其他类型的置入装置。如果卫生棉条置入正确，您应该感觉不到它的存在。如果您感觉到卫生棉条的存在或者感到疼痛，则表示置入不正确。</p> <p>您的阴道能够将卫生棉条牢牢固定在适当的位置，当卫生棉条吸收经血，就会在阴道内膨胀。卫生棉条也有不同的吸收能力。其包装上有相应说明，告诉您此卫生棉条适用于月经量较少、中等或月经量过多时。根据自身情况选择合适的卫生棉条至关重要。在整个经期，如果您需要，可以根据自己的月经量选择相应吸收能力的卫生棉条。</p>

<p>You should change your tampon regularly – around every 4 to 6 hours depending on your flow. Always remember to change your tampon in the morning if you choose to wear one overnight. Don't forget to remove your tampon when your period ends.</p> <p>If you develop an unpleasant discharge and think you have forgotten to remove a tampon, speak to a doctor as soon as possible. There's a rare risk of tampon-related toxic shock syndrome.</p>	<p>您应当勤更换卫生棉条——大约每 4-6 小时更换一次，具体取决于您的月经量。如果您选择在夜间使用卫生棉条，务必记得早晨起床后更换。月经结束时，不要忘记取出卫生棉条。</p> <p>如果您发现分泌物有异味，且认为自己忘记取出卫生棉条，请尽快就医。卫生棉条导致中毒性休克综合征的风险很小。</p>
<p>Menstrual cups</p> <p>Menstrual cups are made from medical-grade silicone, and are around 2 inches in size. You put the cup inside your vagina and the cup collects the blood rather than absorbing it.</p> <p>Unlike periods pads and tampons, which you throw away after they've been used, menstrual cups can be washed and used again. Some people choose to use them because they're reusable. This makes it a cheaper and more environmentally-friendly option. It can also collect more blood than a tampon.</p> <p>It's important to make sure you empty your menstrual cup based on the manufacturer's instructions and wash your hands, and your menstrual cup, before each use. This is to reduce any risk of toxic shock syndrome.</p>	<p>月经杯</p> <p>月经杯由医用级硅胶制成，尺寸约为 2 英寸。您可以将月经杯置入阴道，用以收集而不是吸收经血。</p> <p>与一次性的卫生巾和卫生棉条不同，月经杯洗净后可再次使用。有些人选择使用月经杯正是因为它们可以重复使用。因此，月经杯是一种更经济、更环保的选择。它收集的经血也比卫生棉条多。</p> <p>务必按生产商说明清空月经杯中的经血，每次使用前洗手并洗净月经杯。目的是减少任何中毒性休克综合征的风险。</p>

<p>Period pants</p> <p>Periods pants are designed to be worn during your period like everyday pants. They absorb menstrual blood like other period products. They're environmentally friendly as they can be washed and used again.</p> <p>You'll need to have quite a few pairs so that you've got enough to get you through your period. You'll also need access to a washing machine so that you can wash them once you've used them.</p> <p>There are different absorbencies depending on how heavy your bleeding is. Some people use them as their only period product. Others use them with other period products to help feel more confident, for example if they have heavy bleeding. Like other period products, they can take a bit of getting used to and they need to be changed about every 4 to 6 hours, depending on your period.</p> <p>They can be expensive but there are lots of different places to get them from, so you can compare prices.</p>	<p>月经裤</p> <p>月经裤是经期时穿着的短裤，与日常短裤穿着方式相似，可以像其他月经期用品一样吸收经血。月经裤可以洗净后再次使用，非常环保。</p> <p>您需要多备几条月经裤，确保足够经期更换。您还要有一台洗衣机，方便立即清洗穿过的月经裤。</p> <p>月经裤也有不同的吸收能力，您应该根据自己的月经量进行选择。有些人将月经裤用作唯一的月经期用品。还有些人将月经裤与其他月经期用品配合使用，例如在月经过多时配合使用，以便更加安心。和其他月经期用品一样，使用月经裤可能需要一段时间来适应，并且需要根据您的月经量大约每 4-6 小时更换一次。</p> <p>月经裤可能价格昂贵，但有多种不同的购买渠道，因此您可以货比三家。</p>
<p>Accessing period products</p> <p>Period products can be pricey – some more than others.</p> <p>You can get period products for free in Scotland in a range of places. You can contact your local council to find out where you</p>	<p>获得月经期用品的渠道</p> <p>月经期用品可能价格昂贵—有些月经期用品比其他月经用品价格更高。</p>

<p>can access free products in your area or you can use the PickupMyPeriod app. From mid-August 2022, by law, councils and education providers have to make these products available for free for anyone who needs them.</p> <p>Further information about free period products</p> <p>Sometimes it can feel embarrassing asking for period products – but remember, periods are normal. You're entitled to ask for the help that you need to experience good menstrual health and wellbeing.</p>	<p>在苏格兰，您可以从多个渠道免费获得月经期用品。您可以联系当地的议会区，了解在您所在地区有哪些地方可以获得免费的月经期用品，也可通过 PickupMyPeriod 应用程序获取月经期用品。从 2022 年 8 月中旬开始，根据法律规定，议会区和教育机构必须为任何有需要的人免费提供这些月经期用品。</p> <p>关于免费月经期用品的更多信息</p> <p>索要月经期用品有时可能会让人感到尴尬—但请记住，月经再正常不过。您有权根据需要寻求帮助，确保经期的身心健康。</p>
<p>Toxic shock syndrome (TSS)</p> <p>Toxic shock syndrome (TSS) is a very rare condition that's caused when bacteria gets into the body and releases harmful toxins. It can happen when you use tampons or menstrual cups if they're not changed regularly enough.</p> <p>This is why you should:</p> <ul style="list-style-type: none"> • wash your hands before changing your tampon or menstrual cup • wash your menstrual cup before each use • change your tampon or menstrual cup regularly – around every 4 to 6 hours depending on your period 	<p>中毒性休克综合征 (TSS)</p> <p>中毒性休克综合征 (TSS) 是细菌进入体内并释放有害毒素引起的一种非常罕见的病症。当您使用卫生棉条或月经杯时，如果更换不够勤，就有可能患上 TSS。</p> <p>因此，您应该：</p> <ul style="list-style-type: none"> • 在更换卫生棉条或月经杯前洗手 • 每次使用前清洗月经杯 • 勤更换卫生棉条或月经杯—根据您的月经量，大约每 4-6 小时更换一次

<ul style="list-style-type: none"> • remember to change your tampon or empty your menstrual cup when you wake up if you have chosen to use the product overnight • TSS is rare but it can be life-threatening so it must be diagnosed and treated quickly. <p>Phone 111 if:</p> <p>You're using tampons or a menstrual cup, and you have:</p> <ul style="list-style-type: none"> • a high temperature • flu-like symptoms • sickness, or feeling sick • a skin rash • diarrhoea • dizziness or fainting • difficulty breathing <p>confusion</p>	<ul style="list-style-type: none"> • 如果您选择在夜间睡眠时使用卫生棉条或月经杯，醒来后记得更换卫生棉条或清空月经杯 • TSS 很罕见，但可能危及生命，因此必须快速诊断和治疗。 <p>下列情况下，请拨打 111：</p> <p>您在使用卫生棉条或月经杯期间出现下述情况：</p> <ul style="list-style-type: none"> • 体温高 • 流感样症状 • 不适或感到恶心 • 皮疹 • 腹泻 • 头晕或昏晕 • 呼吸困难 • 意识模糊
<p>Preventing TSS</p> <p>You can help to prevent TSS when using tampons or a menstrual cup by:</p>	<p>TSS 预防措施</p> <p>采取下述措施可有助于预防在使用卫生棉条或月经杯时患上 TSS：</p>

<ul style="list-style-type: none"> • using tampons with an absorbency suitable for your period • washing your hands before and after use • wash your menstrual cup before each use • changing your product regularly – follow the manufacturer's instructions • making sure you only have 1 tampon in your vagina at a time • stop using tampons or your menstrual cup when your period has ended <p>If you've previously been diagnosed with TSS, do not use a tampon or menstrual cup. Use alternative period products such as pants or pads.</p>	<ul style="list-style-type: none"> • 使用吸收能力与您的月经量相适的卫生棉条 • 使用前后洗手 • 每次使用前清洗月经杯 • 勤更换卫生棉条或月经杯—遵照生产商说明 • 确保一次仅在阴道置入 1 个卫生棉条 • 月经结束时停用卫生棉条或月经杯 <p>如果您之前被诊断出 TSS，请勿使用卫生棉条或月经杯。可以使用其他月经期用品，如卫生裤或卫生巾。</p>
<p>For more information about periods in Chinese (simplified) go to https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>	<p>欲了解关于月经期的更多信息（简体中文版），请访问 https://www.nhsinform.scot/translations/languages/chinese-simplified/</p>
<p>11 July 2022</p>	<p>2022 年 7 月 11 日</p>