

## Are you or someone you know in need of period products?

The San Diego Food Bank and its chapter, North County Food Bank, partner with nonprofit organizations to distribute period products to anyone who needs them throughout San Diego County.



## Tampon Safety Tips

- **Follow all labeled directions.** Even if you have used tampons before, read the instructions in the package.
- **Wash your hands before and after using a tampon.**
- **Only use tampons when you have your period.** Tampons are not intended to be used at any other time or for any other reason.
- **Change each tampon every 4 to 8 hours.**
- **Know the signs of toxic shock syndrome (TSS) and how to reduce your risk.** Symptoms and signs of TSS may include a sudden fever (usually 102°F or more), vomiting, diarrhea, fainting or feeling like you are going to faint when standing up, dizziness, or a rash that looks like a sunburn. If you have any of these symptoms during your period or soon after your period, stop using tampons and seek medical attention immediately.
- **Use the lowest absorbency tampon needed.** This will help lower your risk of developing TSS. If you can wear one tampon up to eight hours without changing it, the absorbency may be too high.
- **Contact your health care provider if you have pain, fever or other unusual symptoms.**

Source: FDA.gov

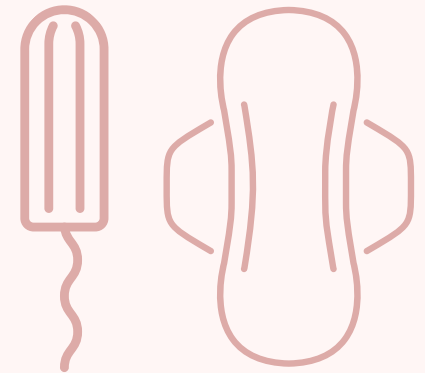


DEPARTMENT OF HOMELESS SOLUTIONS AND EQUITABLE COMMUNITIES



## Free Period Products

Available at several locations in San Diego County



## North Regions

Vista		Escondido		Fallbrook	
MAAC Project Vista 956 Vale Terrace Drive	First Wednesday of the month 7:30am – 9:30am & Third Wednesday of the month 4:00pm – 6:00pm	Foundation Matthew 633, Inc. 1800 N. Broadway	Monday & Friday 10:00am – 11:30am	Fallbrook Spanish 7th Day Adventist 439 Iowa Street	First Wednesday of the month 6:00pm – 7:00pm
		The Center (San Diego Christian Center) 1305 Deodar Road	Sunday 11:30am – 12:30pm	<b>Oceanside</b>	
Vista Community Clinic 1000 Vale Terrace Drive	Monday - Thursday 9:00am - 4:00pm & Friday by appointment only	Shaback Resource Center 130272 East Via Rancho Parkway #157	Monday – Friday 11:00am – 4:00pm & Saturday – Sunday 10:00am – 4:00pm	Mission San Luis Rey Parish, Loretto House Food Pantry 4070 Mission Avenue	Tuesday – Saturday 8:00am – 4:00pm
North County Food Bank 3030 Enterprise Court	Monday – Friday 9:00am – 3:00pm	Apostolic Assembly, My Father's House 1717 East Lincoln Avenue	Last Tuesday of the month 2:00pm – 4:00pm	<p><b>Scan for a list of period supply distribution sites throughout San Diego County</b></p>  <p>Or visit: <a href="https://sandiegofoodbank.org/programs/period-supply-program/">https://sandiegofoodbank.org/programs/period-supply-program/</a></p> <p><b>Jacobs and Cushman San Diego Food Bank:</b> 858-527-1419</p> <p>Each distribution location has different operating hours, and may have different eligibility criteria to receive period supplies.</p>	
<b>San Marcos</b>		<b>Ramona</b>			
Summit Church 292 East Barham Drive	Tuesday 10:30am – 2:00pm Thursday 2:30pm – 6:00pm First & Third Saturday 10:00am – 12:00pm	Ramona Food & Clothes Closet 773 Main Street	Monday – Friday 9:30am – 12:30pm & 2:30pm – 4:00pm		
<b>Pauma Valley</b>		<b>Julian</b>			
Rock Church San Marcos 1370 W. San Marcos Boulevard	First Tuesday of the month 12:00pm – 4:00pm	Pauma Valley Community Church 32077 Community Church Drive	Last Tuesday of the month 12:00pm – 3:30pm		
Women of Promise Resource Center 1605 Grand Avenue Suite 1	Monday – Thursday 9:00am – 4:00pm & Friday by appointment only	Julian Pathways 1704 Cape Horn Drive	Monday – Friday 9:00am – 3:00pm		