

Client Name: _____ Date: _____

Case Manger or Staff presenting information: _____

What You Should Know About Toxic Shock Syndrome (TSS)

The warning signs of TSS include: a sudden high fever (usually 102°F, 38.8°C or higher), vomiting, diarrhea, a rash that looks like a sunburn, dizziness, muscle aches, or fainting or near fainting when standing up. TSS can rapidly progress from flu-like symptoms to a serious illness that can be fatal. If you have any of these signs and are using a tampon, remove it and contact your doctor for immediate treatment. Tell your doctor that you have been using tampons and think that you may have TSS. You should seek medical treatment before resuming the use of tampons if you have had TSS warning signs in the past. To answer any questions you may have regarding TSS or tampon use, consult your doctor. The decision to use a tampon is, as it always has been, a personal decision. In order to make informed decisions about the use of tampons, you should be aware of the following:

1. TSS is a disease believed to be caused by toxin-producing strains of the bacterium *Staphylococcus aureus*. Approximately 70% of the causes reported to the Federal Centers for Disease Control in the U.S. with the onset in 1983-85 occurred in menstruating women who were using tampons, while the remaining 30% occurred in children, men and women who were not menstruating.
2. The incidence of TSS in the U.S. is estimated to be 1 to 17 cases per 100,000 menstruating girls and women per year. The risk of developing TSS is higher for teenage girls and women under 30 years of age than for older women.
3. You can reduce the risk of TSS by alternating your tampon use with feminine pads. You can also avoid the risk of tampon-associated TSS by not using tampons.
4. Use a tampon with the minimum absorbency needed to control your menstrual flow in order to reduce the risk of getting TSS. Leading epidemiological studies have found that the risk of TSS is related to tampon absorbency: the higher the absorbency, the greater the risk of TSS; the lower the absorbency, the lesser the risk.

Because the risk of TSS increases with higher tampon absorbency, choose the lowest absorbency to meet your needs. There is usually less need for high absorbency at the end of your period. According to Tampax®, you can only use a tampon overnight if you sleep less than 8 hours. They advise women to use a pad if they sleep longer than 8 hours.

Tampon manufacturers are required by the Food and Drug Administration to use standardized terms to describe tampon absorbency:

Absorbency listed on package	Absorbency range
Junior Absorbency	6 grams and under
Regular Absorbency	6 to 9 grams
Super Absorbency	9 to 12 grams
Super Plus Absorbency	12 to 15 grams

TOXIC SHOCK SYNDROME TRAINING

ALL FEMALES ARE REQUIRED TO GO THROUGH THIS TRAINING AND
THESE PAGES PLACED IN THEIR CHARTS

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