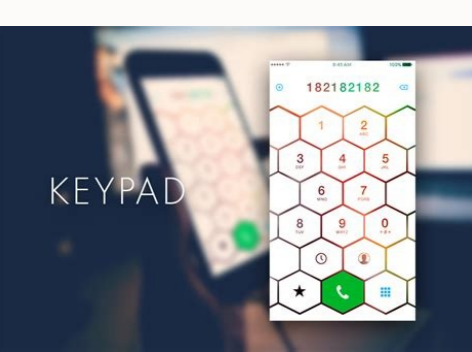
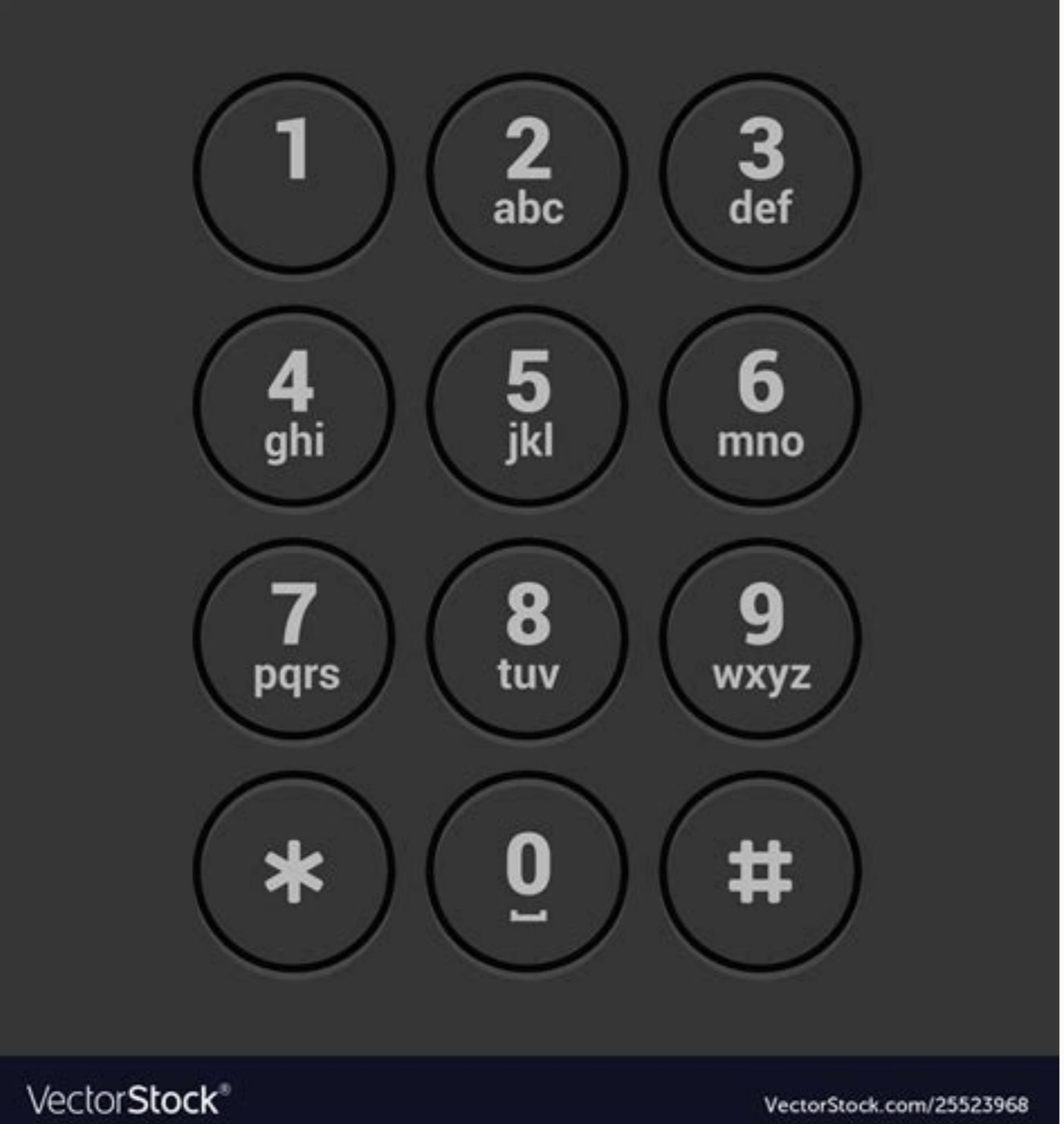


## How to change dial pad background

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Do you wonder how often you should change your pads or tampons during your menstrual period? The type of product you use and how heavy your flow is will make the difference in how long it is wise or safe to wear it before changing it. Concerns about toxic shock syndrome determine how often to change tampons. Medioimages / Photodisc / Stockbyte / Getty Images If you use tampons during your periods, aim for wearing a tampon that is saturated and needs changing every three to five hours. Make sure you change them at least every four to eight hours to help prevent a rare but potentially fatal disease called toxic shock syndrome (TSS). You should always use the lowest absorbency tampon necessary for the amount of menstrual flow you are experiencing on each day of your period. Using super-absorbency tampons on the lightest day of your period potentially puts you at risk for TSS. Those most at risk for TSS include people under 30, particularly teenagers. While you might think you are saving yourself a tampon change by wearing one that is more absorbent, in reality, you are increasing your risk of this deadly condition. Think of needing to change your tampon in the morning, then again by lunch, again at dinner, and then before bed. Before going to school or work, take along an extra two or three tampons so you have them available when needed. If you are starting to see leaks after one or two hours, you might need a higher absorbency tampon during that part of your flow. But even if you don't see any leaks, you need to change your tampon every six to eight hours for safety. If your tampon isn't saturated by that time, you should think of switching to a lower-absorbency tampon. Don't believe it if someone tells you that only certain types of tampons put you at risk for TSS. That just isn't true. It doesn't matter if the tampon is made of the purest cotton or rayon—all tampons could potentially put you at risk for toxic shock syndrome if not used properly. During your periods, pads or sanitary napkins should be changed as often as necessary to prevent the pad from becoming soaked with menstrual flow. You will learn to know how long you feel comfortable before you change pads during your periods. In the case of pads, you decide what works best for you, since there isn't the risk of toxic shock syndrome. You can wear a pad overnight or for six hours or more during the day. If you have a heavy flow, you will need to change it more often and bring along supplies when you are away from home. You may find that the pad develops an odor after several hours, so you may want to change it for that reason. A starting point may be to change your pads every four to five hours. Toxic shock syndrome related to menses (mTSS) is a rare but potentially fatal disease caused by one of two different types of bacteria, Staphylococcus aureus or group A Streptococcus. These bacteria are normally found colonizing the vagina, and they can grow out of control when a tampon is in place for too long. All people who menstruate should know the symptoms of mTSS. This information is especially important for teenagers. Typically symptoms will occur within three days of the start of menses. The most common signs and symptoms of TSS include: Fever with or without chillsFast heart rateLow blood pressure, which sometimes causes a feeling of dizziness or lightheadedness upon standing after sittingSkin changes that look like a sunburn, or redness of the tissue inside the mouth, eyes, or vagina Other less common symptoms of TSS may include vomiting, diarrhea, and muscle aches. If you experience any of these symptoms during your period, seek medical care by calling 911 immediately. TSS is a rapidly progressing disease that can have devastating consequences if left untreated. Fortunately, there are some preventive steps you can take during your period to help prevent TSS: The biggest step you can take to prevent TSS is to always change tampons every four to eight hours.Using the proper tampon absorbency for your menstrual flow is also an important way to help prevent TSS. This means using higher-absorbency tampons only on your heaviest days of menstruation. On your lighter days, use tampons with lower absorbency.You may be able to significantly lower your risk of getting TSS by alternating tampons and pads during your period; use tampons only during the day and pads at night, for example.Only use tampons during menstruation. If you need extra protection at other times during the month, mini pads are your best option. Knowing how often to change your feminine hygiene products can keep you safer and feeling fresher during your period. Choose a tampon with the least absorbency needed to be effective for three to five hours, and be sure to change it frequently whether it is saturated or not. Your car is a big expensive machine that, over its life, will cost you a ton in maintenance. If you learn to do some of those jobs yourself, you can save a ton of cash. Replacing your brake pads, for example, is one of those jobs that sounds much harder than it is, and we're going to walk you through it from start to finish.Before You Begin: The Tools You'll NeedBefore you get started, you'll need a few tools. Some of these are the kind you probably have around the house, but a few may require a trip to the auto parts store. The upfront cost of some of these tools is high, but you can use them forever. Over the long run, you'll save more money by getting them now, and doing your own repairs in the future.Owner's manual: Any time you repair your car yourself, make sure you have your owner's manual handy. For this repair, your manual will be helpful for finding your car's jack points, weight, and minimum rotor thickness among other things. If you don't have it or can't find it, a quick search for your model number will turn up a PDF, guaranteed.Floor jack: The jack that comes with your car is fine for changing a spare tire, but for this kind of maintenance you'll want a floor jack. To be safe, get a jack that's rated for at least three-fourths of your car's total weight (the jack will only lift about half the car, but better safe than sorry—or injured.) The vehicles I worked on are between 1-2 tons each, but I got a 3-ton jack to be on the safe side and give myself some flexibility to work on heavier vehicles.Jack stands: Once your car is jacked up, you'll need jack stands to keep it in the air. Each jack stand is individually rated based on how much weight it can handle, but you're going to want to use them in pairs. Again, overestimating is better. The vehicles I worked on max out at 3,300 pounds, so I opted for a pair of 2-ton stands.Brake tool: This tool adjusts your brake caliper piston to the new brake pads. Adjusting the caliper piston isn't impossible without this tool, but it's super cheap and it's much safer than most other workarounds.Replacement brake pads: Obviously, you'll need new brake pads to replace your old ones. Most auto parts stores will be able to help you find the right pads for your vehicle. Alternatively, you can check out Amazon's Automotive section. Here, you can enter your car's make and model and find parts just for your car.Replacement rotors (if necessary): In some situations, you may need to change your rotors at the same time you change your brake pads. Pads and rotors both wear down, but they don't necessarily wear down evenly. In your owner's manual, you'll find your rotors' minimum recommended thickness. If your rotors get below this value, you should replace them. Once again, Amazon Automotive is helpful for finding the parts you need.Brake grease: This grease is applied to the surface of your brake pads between the pads and the calipers.Specific instructions for your car: Changing brake pads is a pretty straightforward task, but some car models may be different. If you encounter something on your car that looks different than our guide, check your owner's manual. If your owner's manual isn't clear on the details, you can almost always find a helpful YouTube video of a brake pad change on your specific car. Check it out before you get under your car to make sure you know what you're looking for.Socket wrenchTire ironIf this is your first time working on your car, don't balk at the first-time investment. In my case, it cost around \$103 for the tools I didn't already own, plus \$30 for the replacement pads. You should also expect that it will take a few extra hours to learn what you're doing. That's okay, take it slow and make sure you're doing everything right, or talk to someone who can help.Once you own the tools and know what you're doing, though, you can replace your brake pads on the cheap in a single afternoon in your garage. Then there are all the other car repairs you can do yourself with the same tools. If you're on the fence, check out RepairPal to compare what you'd pay if you took your car into the shop to get the job done.Step 1: Get Your Car Off the GroundYou'll need to remove your tires in order to get to your brake pads. If you've ever changed a flat tire, the first part of this process should be familiar. Start by using your tire iron to loosen the lug nuts on the wheels where you're replacing the brake pads (typically you should be doing this in pairs, so either both front tires or both back tires). You'll need to loosen the lug nuts before you lift the car because otherwise your wheels will just spin in the air.Once the lug nuts are loose, it's time to jack up your car. Your owner's manual should tell you where it is safe to place a jack underneath your car. Some cars have a jack point specifically for floor jacks, while others will simply use the jack points on the side of your vehicle that you would use to change a flat tire. Once you've located your jack point, lift your car with the jack (if you've never used a floor jack before, check out this guide over on Jalopnik on how to use one).Next, place the jack stands underneath a solid, structural piece of the vehicle's frame. Once again, your manual can give you specifics. When the stands are in place, slowly lower your vehicle until it is safely resting on the jack stands, then remove your floor jack. Now, you can finish unscrewing the lug nuts and remove the tire from your car. Changing a flat tire, especially while out on the road, is something that every driver should...Read moreStep 2: Remove the Caliper Assembly and Old Brake PadsAt this point, you should see your rotor and brake caliper assembly. The caliper assembly acts as a clamp, squeezing your brake pads against your rotors, which slows your wheels down so you don't careen into walls. Using a socket wrench, remove the bolts on the back of the caliper assembly.Now slide the caliper assembly off of the rotor. Note that the assembly will still be attached to the brake line. Do not hang the caliper by the brake line. Gently set the caliper on top of the rotor, or use a piece of wire to hang it from the wheel well. Make sure it is completely supported and won't fall before moving on. If the caliper drops, it could snap the brake line, which will be much more expensive to fix.At this point, you can remove the brake pads from the rotor. Depending on your car, these may either slide or pop out. Be careful not to damage any of the clips, or the rotor itself, especially if you plan to continue using the same rotor. If your brake pads came with extra clips, you may also want to remove the old clips and replace them with the new ones. As you remove the pads, keep track of how they are oriented in the brake assembly to make it easier to insert them correctly in the next step.Not everyone can do their own car repairs, but some routine maintenance is perfectly easy for...Read moreStep 3: Replace the Brake PadsNow that the old brake pads have been removed, you can put in the new ones. First, apply the brake grease to the backs of the pads. When you press your brakes, the caliper piston will press against the backs of your brake pads, which can cause an annoying squeaking sound. This brake grease helps reduce that noise. Be careful not to get grease on the front of the brake pads or the rotors. Your brakes depend on friction between the pads and rotors to slow your vehicle. Getting grease in between these two parts defeats that purpose and can potentially harm you or your vehicle.Once you've applied the brake grease, place the new brake pads in the same spot that you removed the old pads. If you're doing this for the first time, try replacing one brake pad at a time so you can see exactly where each part goes before moving on to the next one.Step 4: Replace the Brake Caliper AssemblyOnce your new brake pads are in place, you'll need to replace your caliper assembly. You might notice that the assembly no longer fits on top of your brake pads. This is because as your brake pads wear down, the piston inside the caliper assembly will adjust to their smaller width. You'll need to use your brake tool to fix this.First, place one of your used brake pads inside the caliper assembly against the large circular piston. Then, place the wide plastic piece of the brake tool against the opposite side of the caliper. Rotate the handle on the brake tool to compress the piston back into the caliper assembly until it is fully retracted.You may also need to compress the pins where your caliper assembly bolts screw into. Once that's done, you can place the caliper assembly onto your brake pads. Insert the assembly bolts and tighten them down with your socket wrench.Step 5: Replace Your Tires and Wrap It UpDouble-check to make sure that everything is tight and sealed securely before you replace your tire. Once you're ready, place your tire back on your rotor and hand tighten the lug nuts to keep the tire in place. Place your jack underneath your car on the jack points and lift the vehicle off of the jack stands. Remove the jack stands from underneath your vehicle, then slowly lower the vehicle back down to the ground.Once the car is on the ground, you can use your car's tire iron to securely tighten the lug nuts. Take extra care during this step to make sure that the lug nuts are snug, without stripping them. If you have a torque wrench, use it to make sure your lug nuts are tightened appropriately. You don't want your tires to start wobbling or fall off once you hit the road again.If this is your first time replacing your brake pads, try driving your car around the block once or twice, testing the brake pads at low speeds. If you hear any squeaking or scraping, lift your car again and make sure everything is securely in place.While it might seem intimidating, changing your brake pads is a ridiculously easy process that nearly anyone can do with the right tools. Once you get used to doing it, you can replace your brake pads in an hour or so. Not to mention, you can save hundreds of dollars over the long run by doing the job yourself.



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