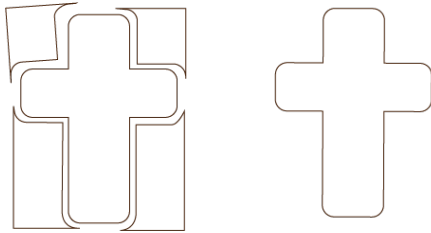


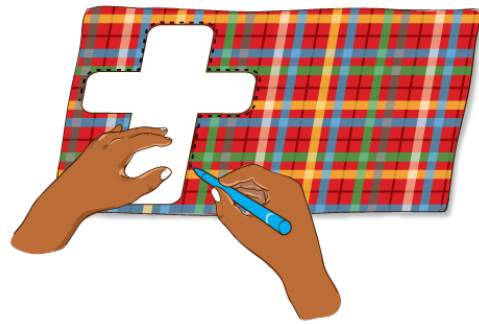
How to Make your Own Reusable Sanitary Napkin (Pad)



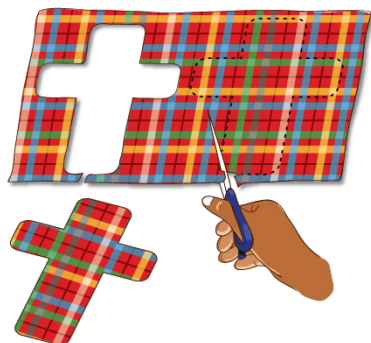
1) Print out the template (QR code below) and cut paper along the dotted line, or cut something similar to a cross shape.



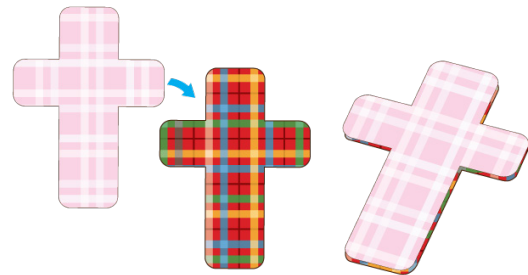
2) Reverse the material and trace the template over it using a marker.



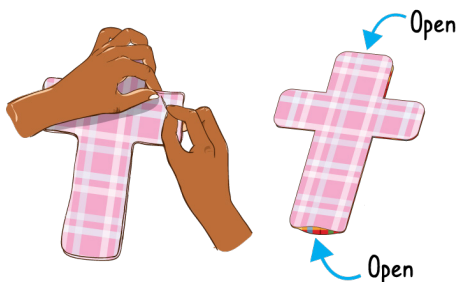
3) Using sharp scissors, cut out the two cotton pieces.



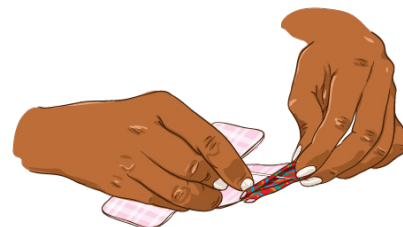
4) Place one piece on top of the other, with the patterned sides facing each other.



5) Sew the sides of the two pieces of fabric together, leaving the top and bottom bits open.



6) Turn down the edges of the top and bottom bits and stitch along them, creating a hem.



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Adapted from:
actionaid.org.uk/blog/news/2019/05/24/how-to-make-your-own-reusable-sanitary-pads

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7) Turn the fabric inside out, revealing the pattern and concealing the seams on the inside. Sew up the sides/wings.



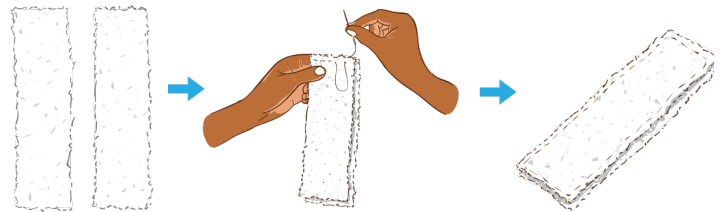
8) Sew a button in the centre of the right wing.



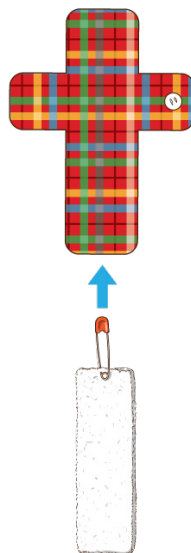
9) Mark on the left wing where you will need a button hole. Cut the hole and sew around the edges of the hole to prevent fraying.



10) Use a ruler to cut two 20cm long x 6cm wide rectangles from a towel. Lay the pieces on top of each other and sew them together along the top and bottom.



11) Attach a large safety pin to the top of the lining.



12) Then insert the lining into the casing, using the safety pin to pull it up to the top. Finally, remove the pin.



To use: Place the napkin in position on the panties, fold the wings over and button it up. Once you feel the napkin is fully soaked, change it. Be sure to wash and fully dry both pieces after each use.

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Adapted from:

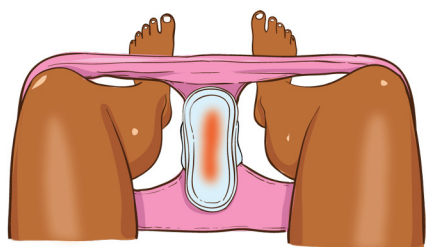
actionaid.org.uk/blog/news/2019/05/24/how-to-make-your-own-reusable-sanitary-pads

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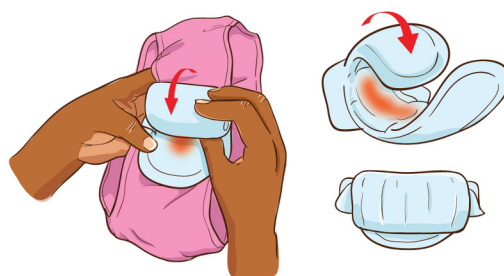
How to Dispose Sanitary Napkin (Pad)



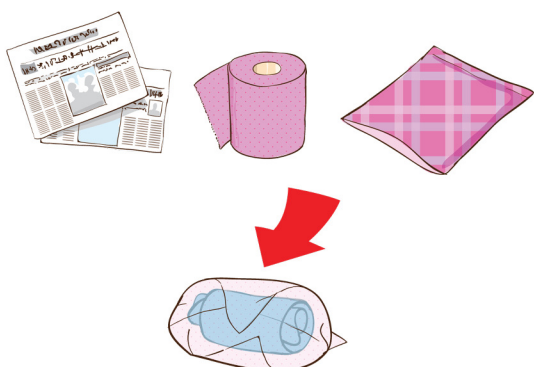
Check your pad regularly.



Remove the used pad from your underwear and roll it up.



Wrap the pad in a piece of paper or wrapper from a fresh pad.



Put the wrapped pad in the garbage can. Never flush.



Wash your hands when you are done.



Take out the garbage bag with the used pad in it as soon as possible.



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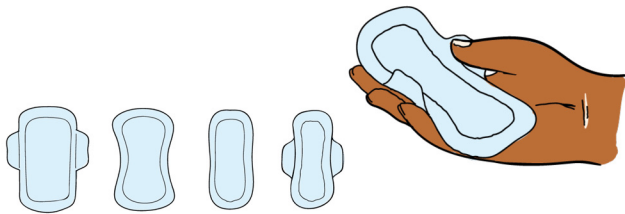
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Adapted from: [wikihow.com/use-a-sanitary-napkin-\(pad\)](https://www.wikihow.com/use-a-sanitary-napkin-(pad))

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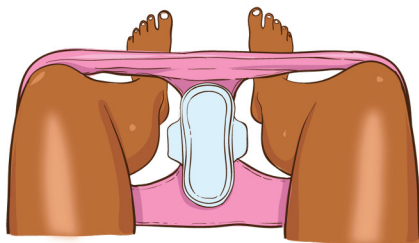
How to Use a Sanitary Napkin (Pad)



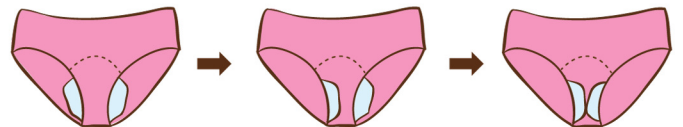
Choose a pad of the appropriate width, absorbency (thickness), shape and style.



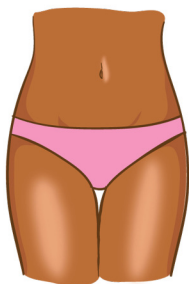
Remove any wrappers or boxes from the pad.



Get in position.



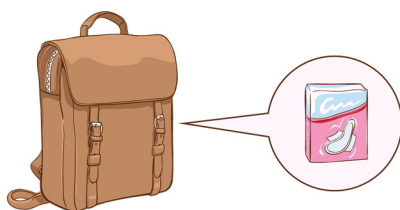
Stick the adhesive part to your panties.



Wear the panties as usual. Change when convenient or when you feel the pad is fully soaked and needs to be changed.



Stay hygienic.



Always carry extras.



Opt for more comfortable and dark clothes.

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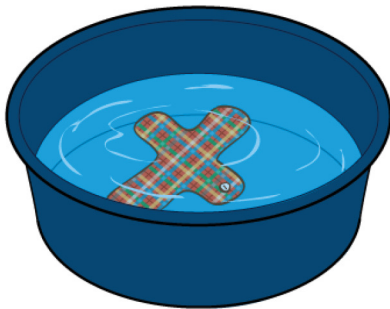
Adapted from [wikihow.com/use-a-sanitary-napkin-\(pad\)](http://www.wikihow.com/use-a-sanitary-napkin-(pad))



How to Wash your Reusable Sanitary Napkin (Pad)



Soak in cold water with soiled side facing down for 30 min. Do not use hot water to avoid staining.



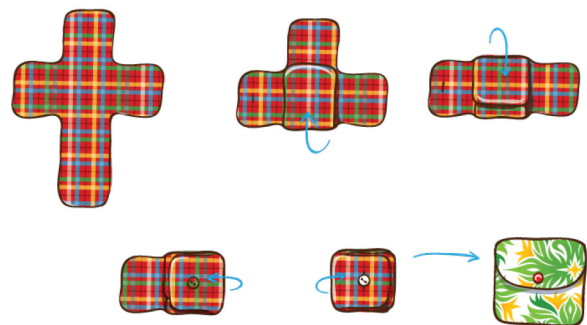
Wash by hand, rubbing the fabric against itself (do not brush). You can use hand soap. Rinse it thoroughly and wring it gently.



Dry on clothes line, best in sunlight.



When it is completely dry, you can fold into nice square and store in a clean dry place. Always put extra in your pouch when going out.



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Adapted from: [wikihow.com/wash-a-reusable-menstrual-pad](https://www.wikihow.com/wash-a-reusable-menstrual-pad)

