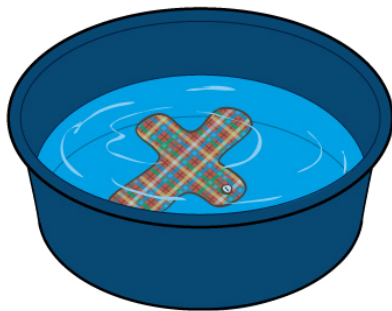


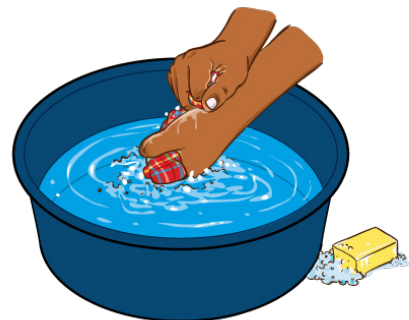
How to Wash your Reusable Sanitary Napkin (Pad)



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



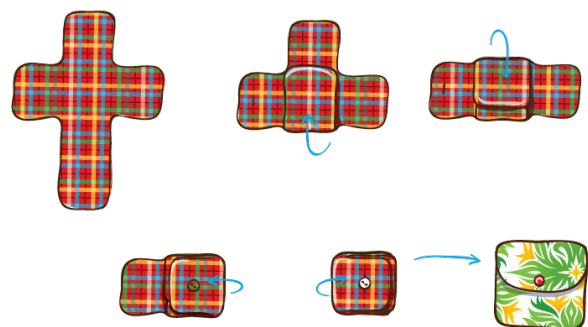
Wash by hand, rubbing the fabric against itself (do not brush). You can use hand soap. Rinse it thoroughly and wring it gently.



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)

AHF