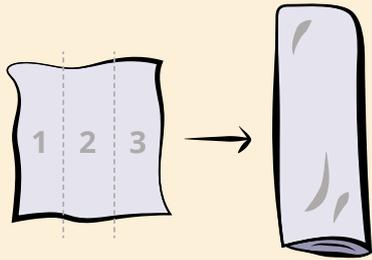


Periods *Don't Pause For* PANDEMIC

This is a **step-by-step guide** to show one way you can make a washable pad at home during *COVID-19*.

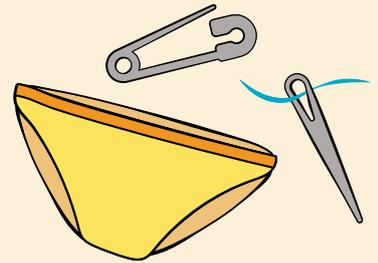
1

Find a small **clean** cloth.
Fold it into **thirds**.



2

Hand-sew the cloth **loosely** to underwear.
OR
Pin the cloth using a safety pin.



3

Change every **2-4 hours**.



4

Soak in a **small amount** of water.



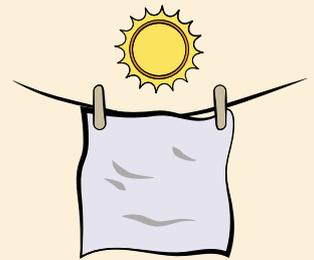
5

Wash with soap and rinse.



6

Dry in the **sun**.



7

Don't wear wet.



8

Remember, wash your hands.



Keep healthy during your period.

Remember... periods are normal, natural and healthy!

DAYS FOR



GIRLS

www.daysforgirls.org