

MENSTRUAL CLOTH CARE



WASH YOUR HANDS

Wash your hands with soap and clean water for 20-30 seconds.



REMOVE AND WASH CLOTH

Remove used cloth in a private space every 2-6 hours (more often if period is heavy). Wash with soap and clean water until clean.



DRY CLOTH

Place the washed cloth on a clothes line to dry in direct sunlight until cloth is dry. This will help kill harmful bacteria and prevent infection.



WASH BODY & USE NEW CLOTH

Wash your body daily during period with clean water and soap. Dry yourself before putting on a dry and clean cloth.