

Frequently asked questions:

Q. What about odor?

A. Change pads often. You can use a cup or so of greywater in your plastic baggie to soak your soiled items. Dispose of the soaking water in an appropriate place. Then wash well and dry in the sun when possible and they should stay clean and odor free. Bathe often while having your period.

Q. What if my pads start looking brown?

A. If you have washed and rinsed these well, they are not dirty, they are probably just stained and will continue to work well.

Q. Does bathing cause me to bleed more?

A. There is no danger to washing or showering during a period nor will washing your hair cause you to bleed more. Cramps are also a natural part of the cycle. Warmth or pressure on your stomach can help to relieve it.

Q. What if I have HIV?

A. If you know you have HIV it is doubly important to take care of yourself-nutrition and medication can save your life. Please seek help. Be careful to use a bleach mixture when cleaning your pads and in your wash basin and water before disposing of the water away from public water sources.

Q. Can I store soiled pads in my plastic bag for days?

A. No. They should be washed and dried as soon as possible so they can stay clean and fresh. They will spoil in the bag. The plastic bags are just for transporting the pads and to wash them. Wash, rinse and dry after use.

Q. Where do I hang my necessities?

A. Sunshine is good to help with stains and killing germs as your pads dry. You can create a screened of area for hanging things.

INSTRUCTIONS

