



How to make a sanitary pad?

Material needed:

- A piece of cotton, for example a T-shirt, or 'chitenje' material
- A pair of scissors/a razor blade
- Needle and thread (ulusi)

Procedures:

1. Cut two strips of cloth: 16 by 7 cm (use a ruler to measure the size)
2. Sew the two pieces of cloth together leaving an opening at the top.
3. Cut two or four small "strings" from the cloth.
4. Sew the strings to either side of the pad. The strings can be tied to one's underwear/knickers to hold the pad.
5. Cut a strong polythene sheet in the shape of the pad.
6. Insert it into the pad starting at the bottom .
7. Get a small piece of cotton cloth and push it inside the sewed piece, on top of the polythene sheeting.
8. Insert as many small pieces of small cotton cloth into the sewed cloth to make it absorbent.
9. Now your home made sanitary pad is ready for use.

Make at least 6 homemade pads for use. Now you can also carry some clean ones with you to school for changing. Change them in time when they are full with blood.

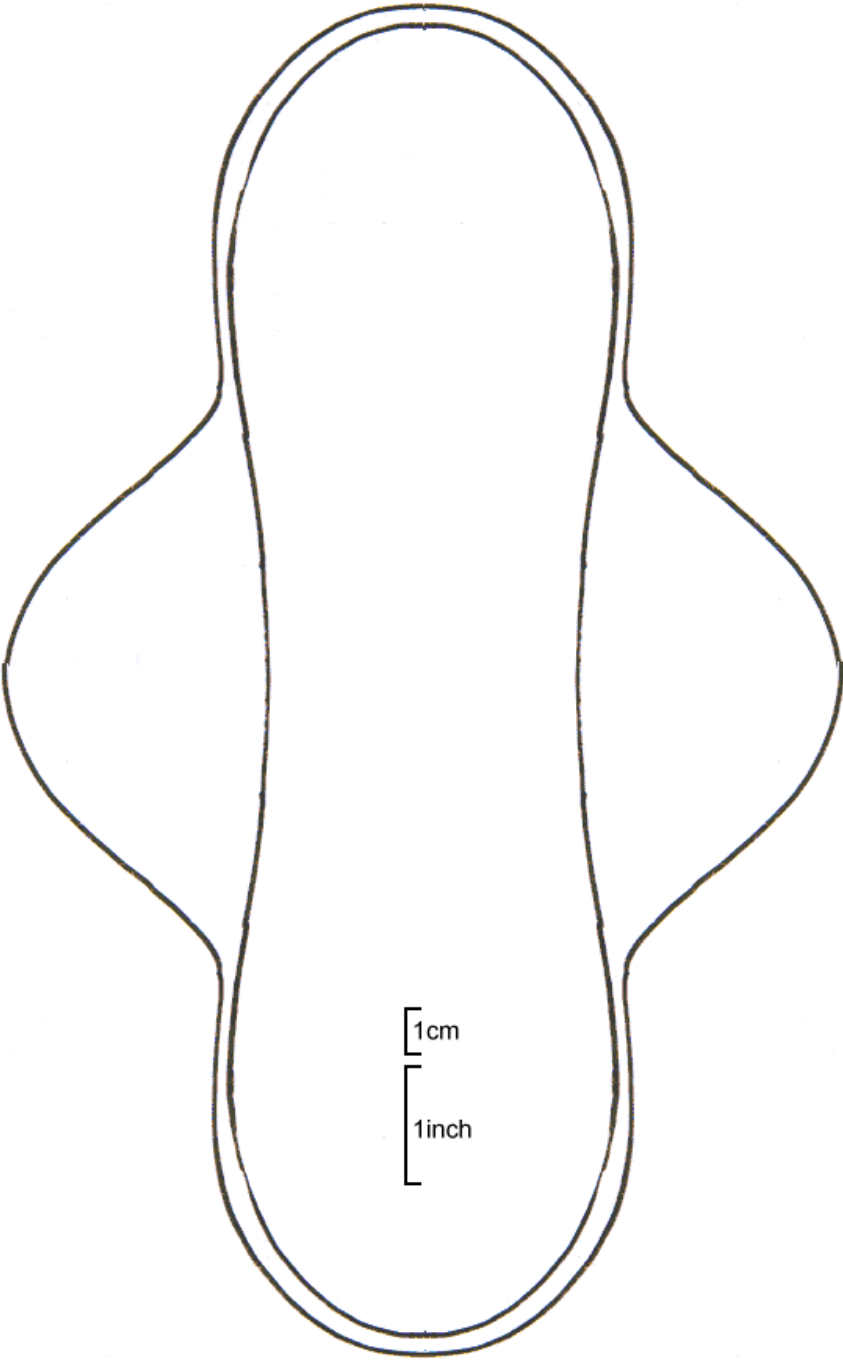
At school you can keep a used pad or cloth in a plastic bag until you get home to wash them. Just tear off some clean pieces of cotton, for example 'chitenje' material. Fold them properly in such a way that they are thick enough to absorb blood and use them.

After using them: wash, dry and iron them. They will be ready for use again.





Example 1:



Example 2:

