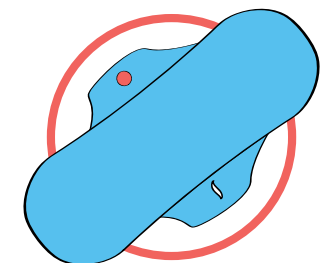




Use & Care of Re-usable Menstrual Pads (RUMPS)



Funded by



What are Re-usable Menstrual Pads (RUMPS)?

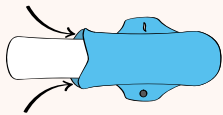
These are washable fabric or pad worn by girls during monthly menstruation and not thrown away but are instead properly washed and used again.

Re-usable pads have the capacity to hold the flow of menstruation and can be used up to a year after which they must be properly disposed of (by burning them).

Directions for Use & Care

Before initial use, make sure to properly wash the pad using clean water and soap and ensuring that all the materials dry completely under the sun.

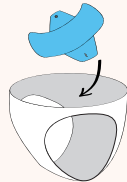
1



SLOT

Insert the liner material into cotton sleeve (outer material) of the pad.

2



PLACE, WEAR, CHECK & CHANGE

Place pad in underwear soft side up and button the underside flaps to secure it.

Always carry a spare pad(s) for changing. It is important to change your pad every 3 to 4 hours for normal flow, and every 2 hours for heavy flow.

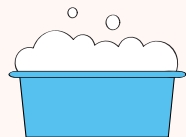
3



ROLL UP & KEEP

Always carry a plastic bag or polythene bag to wrap your dirty pad for washing at home.

4

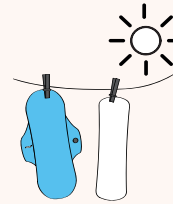


WASH

First remove the inside liner materials, these must be washed separately from the outer cotton material of the pad.

Ensure all materials are properly soaked and washed using clean water with soap. Proceed to thoroughly rinse the materials in clean water.

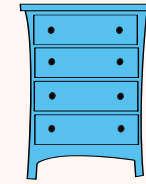
5



HANG & DRY

Hang and dry all the materials under the sun on the line; let them dry completely.

6



STORE FOR FUTURE USE

Once dry, always store your pads in a secure, clean and dry place.

CAUTION

- ✗ Never dry your reusable pads and knickers under your bed. If the pads do not dry completely, they may cause infections in and around private parts.
- ✗ Never wash the pad with the liner materials still inside. Make sure to soak, wash and rinse them separately.
- ✗ Do not wash the pads with bleach or harsh chemicals.
- ✗ Avoid hanging your pads in grass to prevent insects from getting into them.
- ✗ Never share your reusable pads, it is unsanitary.
- ✗ Used or old reusable pads should never be thrown in the toilet because it shall become blocked. These pads are meant to be washed, dried and reused. In case the reusable pad is worn-out (or up to 12 months old), it can be disposed of by burning it.

