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!