

(英語)

布ナプキンの作り方

How to make a cloth sanitary napkin

Sanitary items are essential products for women. Until a sufficient amount of these products can be provided at evacuation shelters, you can make sanitary napkins by using absorbent cloth such as towel-cloth handkerchiefs, cotton underwears, or old cloth clothes.

(1) Prepare a cloth as big as handkerchief (20 to 25 cm)



(2) Fold the cloth into thirds from the right and left sides.



(3) Place it on the crotch area of your underwear.



(4) If you cannot use water to clean it, you can reuse the cloth one more time by folding it

the other way around.

