

# Information about the period underwear

Your period underwear will last for years if you take good care of them.



## Wash them before wearing them for the first time:

- Put them in a laundry bag and wash in the machine, or hand wash them in a bucket. Do not scrub them or use fabric softeners.



## During your period, rinse them:

- After wearing them, rinse the underwear in **COLD** water until the water runs clear. Do not soak, rub or scrub. Once they are rinsed, you can hang them up until you have a few to wash at the same time.
- If you need to change your underwear while you are out, you can put the used underwear into the black bag until you get home and then rinse them.



## Wash in a machine or hand wash:

- Wash them in a washing machine in **COLD** water. You can wash them in the same wash as your other clothes. Put them in a laundry bag to protect them from zips.
- If you hand wash, move them in and out of a bucket of water. The movement in and out of the water will clean the underwear. Squeeze them to release excess water.
- Do not leave them to soak. Do not rub or scrub. Do not use fabric softeners or stain removers.



## Drying the underwear

- Dry in the fresh air. Do not use a drier.