WASH YOUR HANDS
Wash your hands with soap and clean water for 20-30 seconds.

REMOVE AND WASH CLOTH
Remove used cloth in a private space every 2-6 hours (more often if period is heavy). Wash with soap and clean water until clean.

DRY CLOTH
Place the washed cloth on a clothes line to dry in direct sunlight until cloth is dry. This will help kill harmful bacteria and prevent infection.

WASH BODY & USE NEW CLOTH
Wash your body daily during period with clean water and soap. Dry yourself before putting on a dry and clean cloth.

Source: World Health Organization and UNICEF