

GIRLS 4 GIRLS GHANA

**Helping Girls with  
limited resources  
in Africa**

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## Instructions on how to Clean the cloth reusable pads

### Care instruction: English language

1. Rinse off used pad in cold water.
2. Soak pad in cold water with detergent for thirty minutes with soiled area facing down to dissolve remaining blood stains.
3. Hand wash soaked pad by rubbing pad gently.
4. Rinse off pad in clean water until water turns clear.
5. Hang to dry in the sunshine.

### Mmaa Ahosiesie Tam: Twi language

1. Fa nsuo nwunu hohro 3tam no mu mogya nyinaa.
2. Fa 3tam no babia mogya w) no hy3 samina nsuo mu sima aduasa, ebeyiyi mogya nkekawa no nyinaa.
3. Fa wonsa mmienu posa 3tam no berew ma nkekaawa no nyinaa enfiri mu.
4. Sanforo 3tam no w) nsuo pa mu ma ani te han.
5. Hata no awia mu; eyi bema ani te nwaan, na mmoawa mmoawa nketewa nyinaa nso befiri mu