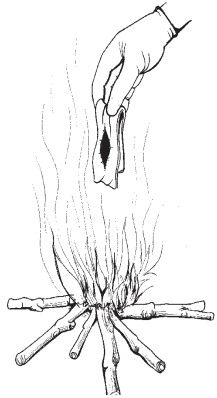


# DISPOSAL OR CLEANING OF MENSTRUAL BLOOD SOAKED MATERIAL

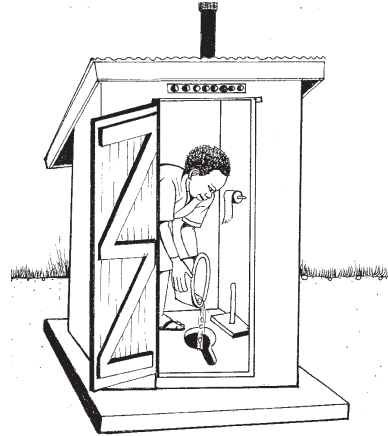
## Counselling Card

### NOT RE-USED

Soiled rags that **will not be used again** and sanitary pads and banana fibers should be disposed of by:



Burning (preferred method for urban and rural areas)



Put in latrine (rural areas only)



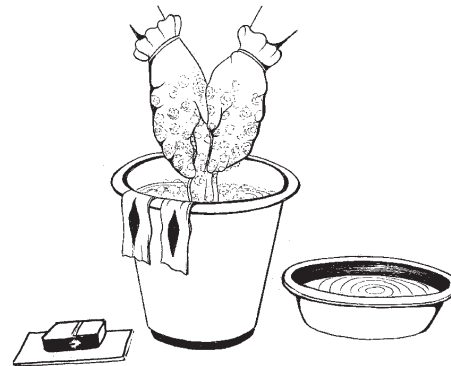
Double bagged and put in trash (least preferred method for urban and rural areas)

### RE-USED

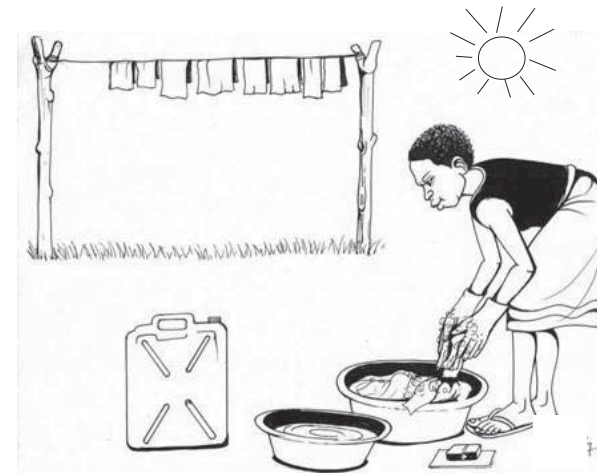
Soiled cloth that **will be re-used**:



Soak soiled cloth for at least 20 minutes in a mixture of nine parts water to one part Jik (if available)



Wash with soap and water



Dry in the sun

**NOTE:**  
Always wear gloves or plastic material when handling blood and wash hands afterward.