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| 番号 | 見出し／本文 | 英語 |
| 50 | 布ナプキンの作り方 | How to make a cloth sanitary napkin |
| 女性にとって生理用品は必需品です。物資が十分に行き届くまでの間、タオルハンカチや綿の下着、古着など吸水性のある布を使って、ナプキンを簡単に作ることができます。 | 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)      1. Fold the cloth into thirds from the right and left sides.      1. Place it on the crotch area of your underwear.      1. If you cannot use water to clean it, you can reuse the cloth one more time by folding it the other way around. |