

**MUST READ BEFORE DISTRIBUTION OF PACKETS**

*You are about to experience a great blessing as you distribute these basic hygiene supplies to others. It is our desire that these packets be distributed to those who need them. The supplies are made by volunteers who believe that all women have the right to care for themselves with dignity and grace. Since they are made by volunteers, the supplies vary in color and appearance. Each packet contains SHIELDS, LINERS, MARY BAG, 3 pair of panties and Instruction Card.*

**YOU HAVE BEEN BLESSED ~ TO BE A BLESSING!**

The SHIELDS and LINERS may be different colors, stitching or shape. LINERS may be a square shape that has 3 layers - or - may be a rectangular shape that is one single layer that can be folded to a desired thickness for absorbency. These LINERS are to be folded to fit into the END POCKET of each SHIELD.

The MARY BAG may have one single pocket or 2 single pockets. If there are two pockets, they are for separating the clean unused supplies from the used, soiled supplies. If you have a single pocket MARY BAG, feel free to place the soiled supplies into a plastic baggie before putting them into your Mary Bag to keep them separate from the clean supplies in the single pocket.

Three pair of panties are provided. They may be white or orange. These panties are to be used during the days of the monthly period while using the SHIELDS and LINERS.

If the supplies were made of a pale or white color, there may be a few extra supplies in the packet to replace the lighter colored supplies if they become stained.

**PLEASE MAKE SURE YOU REVIEW THE INSTRUCTIONS FOR USE WITH ALL WHO RECEIVE THE PACKETS. IMPROPER USE AND/OR CLEANING OF THE SUPPLIES MAY DESTROY THE PRODUCT OR MAY CONTAMINATE THE PRODUCT AND MAKE IT UNSAFE FOR USE. YOU ARE RESPONSIBLE FOR THIS INSTRUCTION — WE DO NOT HOLD ANY RESPONSIBILITY FOR THE MISUSE OF THIS PRODUCT.**

**THIS PRODUCT DOES NOT FAIL — IMPLEMENTATION FAILS.**

**GENERAL INSTRUCTIONS FOR USE:**

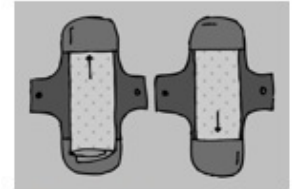
**FOLDING:** Fold your LINER to the appropriate size to fit for your SHIELD. Tuck the ends under each end pocket to hold in place. Snap the wing tips around the bottom of the crotch panel of the brief.

**CHANGING:** Change your LINER as necessary by removing the soiled LINER and placing it into your MARY BAG. Use a clean LINER, fold as necessary and tuck into end pockets of SHIELD. A SHIELD does not need to be changed with each LINER change. A SHIELD can be worn until it needs to be laundered.

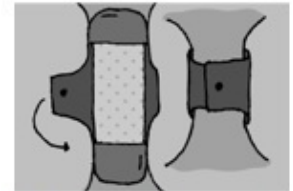
**LAUNDERING:** Remove your soiled LINERS from your MARY BAG. Rinse LINERS with water until water runs clear to remove blood. Soak LINERS in plastic bag until laundry time - or - wash at that time with mild soap & water. A bleach solution\* may be used for LINERS only. \*1:10 Solution SEE RIGHT >>

When laundered LINERS appear clean, wring well and hang in the sun. LINERS must be cleaned thoroughly. Using a bleach solution\* on LINERS insures a sanitized product. DRY THOROUGHLY before using or storing. \*1:10 Solution per W.H.O. Standards. **NO stronger** or it will destroy fabric. >>

The SHIELD and MARY BAG fabric is washable in any temperature water. The SHIELD and MARY BAG can be washed with gentle soap and water. **DO NOT USE BLEACH.** Wipe dry and hang in the sun to dry thoroughly. The sun is a natural disinfectant and an effective source for drying.



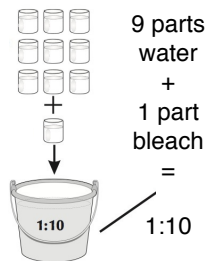
The SHIELD shape has wings with snaps to fasten around the crotch of the brief.



Absorbent rectangular LINERS are folded and tucked into the end pockets. The wings with snaps fasten around the crotch of the brief.



The MARY BAG has two separate pouches to carry both clean and soiled supplies until soaking & laundering can take place.



1:10 Solution  
Bleach to Water Ratio\*  
W.H.O. Standard