

# MegaList Coronacomforts

!! NNNNE 29 Jan 2022 - [☰ Back to Normal? \(Hopeful update.\)](#) !!

(New-New-New Edit 3 May 21 - [Covid-19 Funeral Assistance from FEMA \[US\]](#))

(New-New Edit 30 Mar 21 - Have mostly stopped updating, but I plan to add vaccine info soon.)

(New edit 18 Oct 20 - Updated links from CDC/WHO regarding holidays, travel, and myths!) Go to the

“Actual Coronavirus/COVID” section of the document.

(Last edit was 6 Jul 20 - I am finding fewer resources now and more articles.)

There are [crisis links](#) at the bottom of this document for those who are struggling with mental health, domestic violence, and a number of difficult aspects of parenting.

## Talking About COVID

- ★ [Sesame Street Toolkits | Healthy Habits](#)
- ★ [Sesame Street Toolkits | Challenges & Resilience](#)
- ★ [Sesame Street Toolkits | Readiness](#)
- ★ [What Kids & Families Need To Know: Answering questions for kids.](#)
- ★ [Just For Kids | Comic to explore Coronavirus](#) thanks to u/pdbp.
- ★ [Brain POP! | Coronavirus](#) thanks to u/rckytogal.
- ★ [Child, Adolescent, Family MH | Impact of Pandemic Web Series](#)
- ★ [Disaster Preparedness for Kids](#)
- ★ [Interactive Chatbot about Coronavirus](#) thanks to u/aslmabus.
- ★ [Coping in kids | Coronavirus Tag](#) thanks to u/ntrontty.
- ★ [Dr. Silvestro Blog | Coronavirus Break Playdates](#)
- ★ [NYT - C19 Economy, having kids/having a job.](#)
- ★ [NYT - Children may be afraid of masks. Here's how to help.](#)
- ★ [Face Mask Guidelines For Kids](#)
- ★ [The Atlantic - Dear Therapist / Advice to Parents](#)
- ★ [Funerals During Coronavirus](#)

[Scroll for more.]

## !!! Vaccination Information U.S. !!!

- ★ [Vaccine Finder.org](https://www.vaccinefinder.org/) - VaccineFinder helps you find clinics, pharmacies, and other locations that offer COVID-19 vaccines in the United States. In some states, information is limited while more providers and pharmacies update locations in the coming weeks. COVID-19 vaccine availability is limited, and appointments are required at most locations.
- ★ [CDC How Vaccine Finder Works](https://www.cdc.gov/vaccine-finder/how-it-works/)
- ★ [Vaccines.gov Dept of Health & Human Services](https://www.vaccines.gov/)
- ★ [Pfizer Vaccine Fact Sheet](https://www.pfizer.com/vaccine/fact-sheet)
- ★ [Moderna Vaccine Fact Sheet](https://www.moderna.com/vaccine/fact-sheet)
- ★ [Johnson & Johnson Vaccine Fact Sheet](https://www.johnsonandjohnson.com/vaccine/fact-sheet)

There are also options for “waste vaccines” in some places. Basically - the doses that must be used before an expiration date. Once the vial has been opened it does have a shelf life. I recommend searching in your local communities for waste vaccine opportunities. Typically it is first come/first served. If you can be at a location before they close you generally have an opportunity to be given a vaccine so it doesn't go to waste.

I'm sorry, I don't have more information about international opportunities. Please pay attention to your governmental health departments for up-to-date information.

# Inside Activities

(Links only a little vetted, click at your own risk!)

These are a variety of “active” activities but also sitting/crafty activities.

- ★ [101 Indoor Games and Activities for Kids](#)
- ★ [25 Exercise Games & Indoor Activities For Kids](#)
- ★ [Fun Indoor Games for Kids](#)
- ★ [20 Fun Indoor Games](#) (In the "toddler" section of their page.)
- ★ [Indoor Games For Kids](#)
- ★ [Kids' Ballet Class](#)
- ★ [Family Cardio Workout](#)
- ★ [Kids' Workout 1 Beginner](#)
- ★ [Yoga for Kids Part 1](#)
- ★ [Home Exercises for Kids](#)
- ★ [5-Minute Move](#)
- ★ [25-Minute Exercise Routine](#)
- ★ [P.E. Games.org](#)
- ★ [Physical Fitness Video](#)
- ★ [Kids' Field Guide To Being Stuck Inside](#)
- ★ [Learn to Juggle!](#) This channel may also be posting new daily vids.
- ★ [Productive Activities For Kids](#) thanks to u/hartia68.
- ★ [Color Our Collections](#) - Museum collection coloring pages.

[Scroll for more.]

# Outside Activities

(Should be pretty self-explanatory.)

- ★ [Parks can be safe spaces during COVID-19!](#)
- ★ [Physical Activity](#)
- ★ [Teaching Jump Rope](#)

# Educational Resources

(Unsorted.)

- [!!Kid Friendly Search Engines!!](#)
- [TLS Books](#) - a MASSIVE resource for printables for grades AND subjects.
- [Teach From Home | Google Resource](#)
- [Educational YouTube Channels Spreadsheet](#) by u/VestOfHolding
- [Remote Learning Resources](#) thanks to u/Jeffbrownnono.
- [Educational Companies Offering Free Subscriptions](#) shared by u/lapanim.
- [Amazing Education Resources](#)
- [Scholastic Learn From Home Resources](#)
- [Math Game](#)
- [Cincinnati Zoo & Botanical Garden w/ Free Live Lessons](#)
- [Worksheets, Workbooks, Games & Lesson Plans](#)
- [Kindergarten | Independent Study Plan](#)
- [First Grade | Independent Study Plan](#)
- [Second Grade | Independent Study Plan](#)
- [Third Grade | Independent Study Plan](#)

- [Fourth Grade | Independent Study Plan](#)
- [Fifth Grade | Independent Study Plan](#)
- [Sixth Grade | Independent Study Plan](#)
- [Seventh Grade | Independent Study Plan](#)
- [Eighth Grade | Independent Study Plan](#)
- [Hundreds of free Ivy League Online Courses](#)
- Thanks to u/-DangerousWithRocks- for most of the above links!
- Ck12.org (free online textbooks/games)
- Quizlet
- Mathgames (not to be confused with coolmathgames)
- Freerice
- Kahoot
- Readworks
- NewsELA
- Word Generation
- Teaching Tolerance
- Commonlit
- Khan Academy

(Yes, several “links” without links - Google is your friend!)

And as pointed out by u/GuessingAllTheTime - many educational channels like History Channel, NASA, PBS, museums, etc have education resources on their websites.

- [Mix coding and playdough](#) from u/Blakebel.
- [Code Academy](#)
- [Master Class](#) thanks to u/PhDelphi for these 2 links.
- [Homeschooling Hacks](#) thanks to u/Going\_To\_Mars
- [Spring Online Day Camp](#) from u/zelosteam
- [COVID Tutoring](#) from u/TheRealNotATutor
- [Mrs. Brown's Art Lessons](#)

- [ABC Education](#)
- [Scholastic Learning Hub](#)
- [Sago Mini](#)
- [Lightbot](#)
- [Toca Boca](#)
- [Scribblenauts app](#)
- [Cubetto](#)
- [Coding critters](#)

Thanks for some of the above to u/Blakebel, as well as the below “daily reading” links:

- [Talu Tales](#)
- [Oliver Jeffers](#)
- [Mac Barnett](#)
- [Brooklyn Library virtual](#)
- [Variety of Free Online Classes](#) thanks to u/MightyHurcules8

[Scroll for more.]

# Quarantine Kitchen

(Creative, cheap, or “desperation” meals made from common ingredients..)

[Cooking Class Fundamentals](#) - A list of 10 basic cooking skills.

[Canning Timer & Checklist](#) - For anyone pickling and canning this season!

- ❖ [Mythical Kitchen | 3 Easy Instant Ramen Quarantine Hacks](#)
- ❖ [Food w/ Chetna | Shakshuka \(Chickpeas, Peppers, Potatoes\)](#)
- ❖ [Food w/ Chetna | Lentils w/ Roasted Veg](#) This whole channel is a great vegetarian resource!
- ❖ [IKEA Swedish Meatballs Recipe](#)
- ❖ [Great Depression Cooking \(Channel\)](#) Lots of interesting content featuring stories and recipes from the Great Depression.
- ❖ [Pasta Grannies \(Channel\)](#) Many pasta doughs are simply flour with water, egg, or oil - and feature simple sauces.
- ❖ [Binging w/ Babish | Basics - Chickpea](#) There is a whole “basics” series that offers a variety of how-to videos for common ingredients.
- ❖ [Frugal Fit Mom | 5 Frugal Meals for Large Families](#) This channel also has a lot of similar content.
- ❖ [Marion's Kitchen | Pantry Pasta - Spicy Tuna Spaghetti](#) This channel has some other “Pantry” meals as well as several mostly simple pasta dishes that don’t always use a tomato/marinara sauce.
- ❖ [Food Wishes \(Channel\)](#) Helpful channel with easy to understand instructions and tutorials.
- ❖ [Tastemade | Struggle Meals - Canned Foods](#) Series on channel.

[Free Online Cooking Classes through 30 April!](#) - If you need to brush up on your cooking skills or need to learn some new basics this is a pretty good resource. Take advantage while it's free.

(Unknown if this has been extended or has expired.)

### [A simple flatbread recipe without yeast:](#)

2 C flour

1 to 1 1/4 C lukewarm water

1 Tbsp baking powder

1 Tsp salt

1 Tbsp fat (oil, butter, shortening)

Mix dry ingredients together, add most of the water while mixing, then add more if needed to make the dough feel tacky.

Knead for a few minutes.

Rest in a greased bowl for **30 to 60 minutes**. (Just highlighting b/c you need to start about an hour before you plan to use it!)

Divide into 6 pieces. Roll out on a floured surface to about the thickness of a tortilla.

Heat electric griddle/grill to 350F, or use a skillet on med-high.

Cook until the edges of the bread start to dry (some bubbles will also appear), then flip.

To keep warm, wrap in a kitchen towel. Freeze with parchment or wax paper between layers.

[A simple no-mixer, no-knead honey oat bread \(contains yeast\).](#)

[\[Scroll for more.\]](#)



## Additional Helpful Stuff

(Basically "everything else" that doesn't fit better into another category.)

[Face Mask Sewing Tut - UPDATED FOR COVID-19](#)

### Cream of Tartar Playdough Recipe - [Playdough Recipe](#).

- 1 cup flour
- 1 cup water
- 2 tsp cream of tartar
- 1/3 cup salt
- 1 TBSP vegetable oil
- gel food coloring

#### Instructions

1. Mix together all the ingredients, except the food coloring, in a medium saucepan.
2. Cook over low/medium heat, stirring. Once it begins to thicken, add the food coloring.
3. Continue stirring until the mixture is much thicker and begins to gather around the spoon.
4. Once the dough is not wet, remove and put onto wax paper or a plate to cool.
5. After cooling (30 minutes) knead playdough for a few seconds.  
PLAY!
6. Store in an airtight container in the fridge.

\*Tips for those that may not have made it before...I use a whisk at the start to make sure I have no lumps...then move to a regular stirring spoon/wooden spoon to make sure I can keep moving it around the pan.

...I have made brown playdough with cinnamon...it smells amazing and has a lovely color.

...Yes, you can use the unsweetened Kool-Aid packets for color+scent. I've found these colors to be a little muted, but you could add more color from food coloring if you want.

...It makes about a "1 cup" sized ball.

[IKEA's free plans for a community/urban "grow room"](#). I thought this just might be helpful for those who are trying to start community gardens or increase their own yields since many are turning to growing for increased food security.

[The Show Must Go On | Full-Length Stage Performances](#)

[Doctor Mike | AKA Hot Doctor](#) is providing a lot of helpful, calming information.

[PBS Kids!](#)

[Project Gutenberg | Free eBooks](#)

[Kids Birthdays and Coronavirus](#)

[Sewing With Kids](#) from u/jmsteveCT

This list of things from u/rissoldyrosseldy:

taking apart old electronics and trying to put them back together (flashlight, alarm clock)

making a special outdoor spot to read in, complete with decorations, snacks, etc

creating a secret code and writing notes to my sister/parents in it

Exploring in the woods

Baking! Making up recipes

planning/creating a lavish menu and serving fancy dinner to the rest of the family (often including dress up)

finger knitting really long belts

creating plays, writing music, and performing

singing campfire songs and rounds, listening to musical soundtracks

Board games, card games, D&D

Choreographing dances

Dusting and vacuuming (for some reason particularly exciting ways to clean)

Writing an "autobiography"

Collecting herbs and making concoctions

Looking through old family photos

Building and tending fires (safe and supervised)

Creating/sorting a rock collection

Whittling sticks and making carvings

Tree climbing and tree forts

[Many libraries are also closing - download apps like Overdrive to utilize e-books & audio-books.](#) Check your local library info for the specific apps they are using.

[Daily Creativity Prompts](#) from u/MsHistoryTeacher16

[Bubble Cam](#)

[DIY Mad Lib Movie Star Activity](#) - To do on Zoom/video conferencing.

[Marvel's Avengers Virtual Escape Room](#)

[Harry Potter Digital Escape Room!](#)

[Harry Potter At Home](#)

[Free Audible Stories](#) - No credit card! Titles [across six different languages.](#)

[Face Mask Sewing Tut - UPDATED FOR COVID-19](#)

[Plague Mask Sewing Pattern](#)

[Community Resources PDF](#) by u/Hysterical\_Paroxysm (Rochester, NY & national)

[Tabletop Simulator \(Board Games\)](#) from u/ false\_tautology

[Share Artwork | Art From Little Friends](#) from u/ WebDevMom

[Send Artwork to Healthcare Workers](#) from u/wanderer333

[Kid Journal](#) from u/smannonpm

[D&D | Free Material!](#) Free stuff from D&D including rulebook and premade materials from u/tideshark

[Metropolitan Opera Live Streams](#)

[Monterey Bay Aquarium Live Streams](#)

[Disney Virtual Roller Coasters](#)

[U.S. National Park Service Virtual Park Collection](#)

**Virtual Tour Collection**

[Virtual Tour | National Museum of Scotland](#)

[Virtual Tour | Le Louvre](#)

[Virtual Tour | Edinburgh Zoo](#)

[Virtual Tour | Guggenheim](#)

[Virtual Tour | Smithsonian Museum of Natural History](#)

[Virtual Tour | ...And More. Nat'l Park Svc \(U.S.\)](#)

[Virtual Tour | Van Gogh](#)

[Virtual Tour | J. Paul Getty Museum](#)

[Virtual Tour | Glasgow Women's Library](#)

[Virtual Tour | Musei Vaticani](#)

[Virtual Tour | Royal Collection Trust London](#)

[Virtual Tour | Thyssen-Bornemisza Museum Madrid](#)

[Virtual Tour | Georgia O'Keeffe Museum](#)

[Virtual Tour | The National Museum of Anthropology - Mexico City](#)

[Virtual Tour | British Museum Of The World](#)

[Virtual Tour | Women's History Museum](#)

[Virtual Tour | Metropolitan Museum of Art](#)

[Virtual Tour | Civil Rights Photography](#)

[Virtual Tour | Detroit Institute of Arts](#)

[Virtual Tour | Rijksmuseum Amsterdam](#)

[Virtual Tour | National Museum Air Force](#)

[Virtual Tour | Sophie Taeuber-Arp](#)

[Virtual Tour | Le Gallerie Degli Uffizi](#)

[Virtual Tour | Street Art Buenos Aires](#)

[Virtual Tour | Musee D'Orsay Paris](#)

[Virtual Tour | Paris Catacombes](#)

[Virtual Tour | Museu Picasso Barcelona](#)

[Virtual Tour | Benaki Museum](#)

[Virtual Tour | National Palace Museum China](#)

[Virtual Tour | Royal Air Force Museum](#)

[\[Scroll for more.\]](#)

## !!! Actual Coronavirus/COVID-19 Links/Articles !!!

- [CDC Schools and Childcare Info](#)
- [Check-in here for the latest updates on COVID-19](#)
- [Here is a scam warning about COVID-19](#)
- [Q & A](#) Frequently Asked Qs.
- [Travel Advice](#)
- [How Soap Kills the Coronavirus!](#)
- [Face Mask Sewing Tut - UPDATED FOR COVID-19](#)

### 18 Oct 2020 Update for Holiday contact:

- [CDC Holiday Guide](#) - Has categories for low, medium, and high risk activities and behavior. Guidance on how to continue traditions without causing harm.
- [Mythbusters!](#) - This section has really been expanded. There is a lot of misinformation going on, check here to find out if what Aunt Sally is saying on Facebook is true!
- [Mass Gatherings Q&A](#) - What is a mass gathering? Why are they potentially dangerous? Questions answered here.
- [WebMD | COVID Safety For Upcoming Holidays](#)
- [How severe is your state's outbreak?](#) - Updated regularly from NPR.

**Original document commentary:** Please look for help from local resources for geographically specific things. Your city, county, and state governments may have resources pertinent to your immediate needs. For food assistance, check out FeedingAmerica.org and find a location near you. Check with apps like Nextdoor to see if your neighbors are offering help or in need. For non-US folks, consider using google or FB and searching for “[needs like food banks and other assistance] near me”.

It may be helpful to follow important groups on Twitter [like the World Health Organization](#).

Take a deep breath. Let it go. Panicking won't prevent bad things from happening or make difficult situations easier. Your kids need to know they can trust the adults around them to hold it together.

[\[Scroll for more.\]](#)

## ! ! ! For Parents In Crisis ! ! !

(Most of these resources are US-centric, check websites for additional/international resources if you are outside of the U.S.)

- [Crying Baby Hotline](#) 1-866-243-2229 (24/7) This line is specifically for parents at the end of their emotional rope, who suspect they might take action that could harm their baby
- [Fussy Baby Warmline](#) 1-888-431-BABY (2229) Operators in English and Spanish.
- [Parenting.Org](#) 1-800-448-3000
- [Parents Anonymous](#) 1-800-352-0528
- Parental Stress Line: 1.800.632.8188 (Has translation services)
- Parent Helpline: 1-855- 4A PARENT (1-855-427-2736)
- [Boys Town](#) 1-800-448-3000 available 24/7
- [211 Info](#) 211 or 1-866-698-6155 (TEXT keyword "children" or "ninos" to 898211 or TXT211)
- Family Crisis Center and Crisis Nursery (NYC): 1-888-435-7553

[Crisis Text Line \(US, CAN, UK\)](#) Resources for Anxiety, Suicide, Depression, Emotional Abuse, Bullying, Self-Harm, Loneliness, Sexual Abuse, School

[How do I know if I should report suspected child abuse/neglect?](#)

US link for [Child Abuse & Neglect Reporting Numbers](#).

- [Home Safety Checklist](#) - This is primarily for foster homes but is a good guide for your own home in the event you may require a visit from the local child welfare agency.
- [What Is Child Abuse & Neglect](#) - A comprehensive guide.



[Temp Guardianship - A General Guide](#) - This article is a general knowledge guide to explain how temporary guardianship works. As soon as you become a parent it's a good idea to decide who might be able to care for your child in the event you are temporarily unable to. With the possibility of a major/long-term illness, it might be a good idea to revisit those plans, make sure people are still capable & available.

Here is an [example](#) of the kind of information or documentation you may need. Please check with a local attorney for specifics for your region, state, or country.

COVID-19 and Custody: [Impact of COVID-19 On Custody / Child Visitation During Outbreak](#) / [Coronavirus And Child Visitation](#) from u/BudgetCombination

[\[Scroll for more.\]](#)

## ! ! ! Domestic Violence ! ! !

- [The National Domestic Violence Hotline](#) 1-800-799-7233 (English and Spanish)
- [International Women's House](#) 770-413-5557 (Assists with translation and immigration.)
- [Pathways To Safety](#) 833-SAFE-833
- Norway: [OverGrep](#)
- Philippines: (02) 921-8013/928-7774 / (02)430-4227 aru-kalakasan (a) [phi.gn.apc.org](mailto:phi.gn.apc.org) (replace (a) with @, no spaces)
- Canada: [Public Health Agency of Canada](#)
- Muslim Women UK: 0808 801 0301
- Switzerland: [Frauenberatung | Sexuelle Gewalt](#) (several languages available)
- Sweden: [Riksorganisationen for kinnovenjourer och tjejjourer i Sverige](#)
- Scotland: [Scottish Women's Aid](#)
- Women Against Violence Europe/Austria: [WAVE Network](#)
- UK: [Women's Aid](#)

[Scroll for more.]

## Emergency Diapering

Anything that can be used to absorb (t-shirts, hand towels, washcloths, cut up towels, flannel receiving blankets, 100% cotton anything) can be used as an emergency cloth diaper. If you have never done this before you probably don't have a waterproof cover [like this](#) (though this is a good inexpensive option - you may want to own 3-4, though with careful rinsing and air drying you might be able to squeak by with 2).

The basic steps of using cloth are to have an absorbent inner layer (the actual diaper), something to close the diaper with ([like these](#), [or these](#), or [this](#) - many pins can still be purchased at your standard box stores - check the baby section), and something outside to cover the diaper (as linked above). If you do not have the outer layer, **THIS IS OKAY**. It just means you may want to be mindful of where you set the baby, where they play, or how they are being held! I've diapered without covers on occasion for different reasons and it just takes vigilance to notice when the baby is going and to change them quickly before things have a chance to leak onto their surroundings.

Consider using baby washcloths or cut receiving blankets as diaper wipes - dampen before use.

**First things first.** Turning household items into diapers & folding them:

- ★ [T-shirt Diapers](#)
- ★ [Another T-shirt Diaper](#)
- ★ [Receiving Blanket Diaper](#) (Anything cut down to be blanket-sized, [diaper-sized](#), or [flats-sized](#) should work.)
- ★ [Folding How-To](#) - that goes over a few different ways to fold different styles of diaper.
- ★ [Flour Sack Towels \(kitchen towels\) as diapers.](#)

**To store when dirty:**

- ★ Use an empty bucket or get fancy with a special pail liner that isn't required like [this](#)! Allow some airflow (so leave lids off buckets).
- ★ A basic trash can (preferably one you already own) similar to [this smaller](#) or [this larger](#) style!
- ★ There's no need to create a solution/soak in the bucket or trash can. Just drop diapers into the bucket to be washed later.

- ★ Try to let solids fall into the toilet before storing diapers in the pail. Swish to rinse at your own comfort level, or use a detachable showerhead to rinse over the toilet bowl. (Breastfed poos are water-soluble, no need to pre-rinse.)

### Washing dirty diapers:

- ★ If you can add a rinse cycle to the start of the process, this is great! If not - a quick cold wash (with only a very little or no detergent) gets things started.
- ★ Wash 100% cotton diapers in hot temp with your usual detergent. It is very important that you use the appropriate amount of detergent for the level of soil & water. Adding too much detergent can cause suds to stay in diapers that can be irritating to the baby later. Consider a powdered detergent if you have hard water or adding a water softener like Borax, Calgon, Rain Drops, White King, Persil (may offer water softener in addition to other laundry detergents), Brauns-Heitmann, etc. Adding too little detergent won't allow the soil to fully rinse clean.
- ★ Do not use FABRIC softeners or dryer sheets. This reduces absorption.
- ★ 100% cotton diapers can be dried in the dryer without a problem.
- ★ If you have decided to use covers - it may be better to wash these with regular baby clothes because the materials may not withstand the hotter temperatures. Hand washing (b/c you may have only a few of them) is also an option. Air dry as needed.

### Handwashing if you don't have access to a machine:

- ★ [An article talking about the hows and whys of handwashing.](#)
- ★ [How to make a camp washer!](#)
- ★ [Using your camp washer to handwash your diapers!](#)

[Cheap And Easy Cloth Diaper Solutions To Solve Diaper Insecurity.](#) - A friend wrote this so long ago a lot of the formatting has kind of broken down on the page, but it's still plenty legible and I trust her information to be accurate and helpful. [Free Cloth Diaper Sewing Patterns](#) - For those w/ the time and ability.

I hope some of these tips help. Please never reuse disposable diapers or allow children to sit in a dirty diaper to "ration". Consider doing part-time cloth diapering temporarily to save disposable diapers for trips in the car, using overnight, or situations that take you out of your home. If you are in a hospital or medical facility ask if they can provide diapers during your stay.

[\[Scroll for more.\]](#)

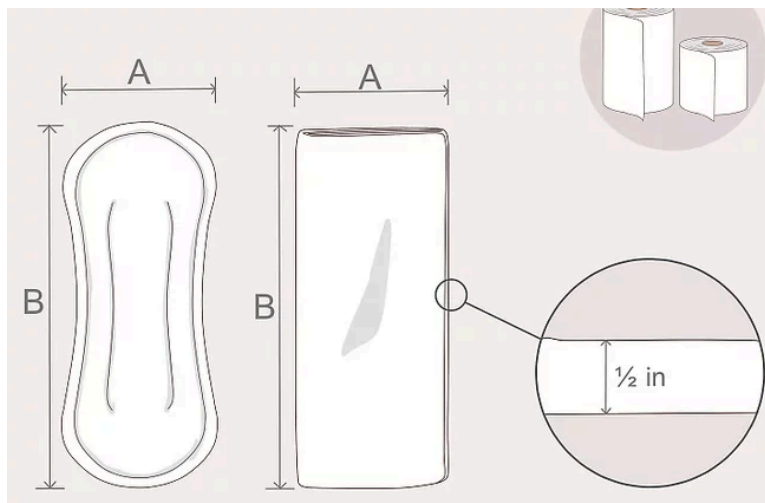
## Emergency Menstruation

If supplies are running low you may struggle to find the products you need to safely and hygienically manage your period. **Please do not keep tampons in longer than 4-6 hours or attempt to reuse disposable products.**

Clean hands properly with soap and water before touching genitals.

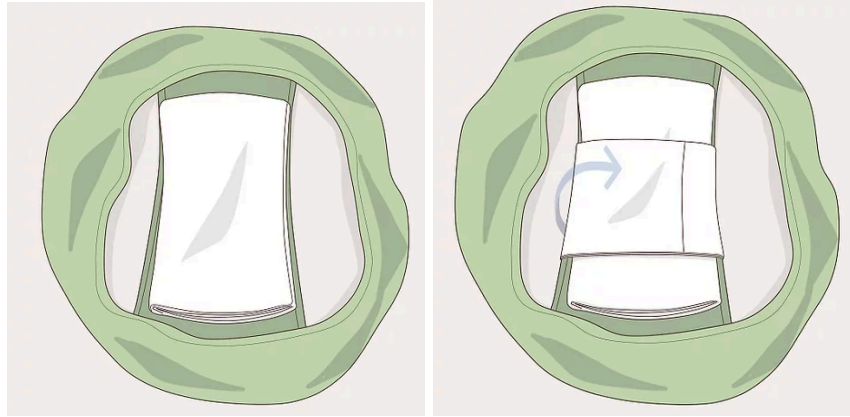
Any absorbent material should work - 100% cotton is recommended. This can be sourced from t-shirts, flannel clothing or sheets, towels, wash cloths, etc.

Fold your material back and forth several times. Make sure the material is the right length to protect you from front to back.



The pad should be about a half-inch in thickness to absorb enough flow to protect you for a few hours at a time.

Place the emergency pad into your underwear. It can be secured by wrapping fabric or toilet paper around both the pad and the underwear.



For an extra layer of protection, consider folding a strip of parchment or wax paper in the bottom-most fold to protect your clothing.

Safety pins or other closures are not necessary and may pose an injury risk if the material is bulky.

Store used materials in a small plastic container in your bathroom or near your laundry area. Rinse gently before placing in container. Allow airflow. A small bucket or trash can would be perfect.

#### To launder used materials:

- ★ Add a rinse to the beginning cycle, or perform a “quick” wash cycle on cold.
- ★ Use the appropriate amount of detergent for the water and soil level. Use water softeners if you have hard water. Sometimes a short soak with enhancers like Oxy or Clorox 2 can help to reduce stains because they break down organic proteins.
- ★ Staining is normal and does not mean the material has not been properly cleaned.
- ★ Dry 100% cotton materials in the dryer.

You should cut and prepare enough for at least 1-2 days. Homemade napkins/pads may need to be changed more frequently than disposables. Consider having one for every 2-3 hours of flow. This means you may need 8-12 in a 24-hour period. (You don't need them to last the entire length of a period - wash every day or every other day to maintain your supply.)

For hand-washing or camp-washer instructions use the same instructions from the Emergency Diapering section of this doc.

If you have the time and ability, consider making “real” cloth menstrual pads from [Luna Wolf's Free Pattern](#). This may require purchasing some specialty materials.

You can also find reusable menstrual products on Etsy, Amazon, and other online retailers.

If you prefer an internal option consider using a menstrual cup. A good resource is to first use the Period Nirvana [Cup Quiz](#). The Period Nirvana YouTube channel starring Kim Rosas has helpful info about cup-wearing. Also check out Period Nirvana on Instagram, TikTok, & Facebook. (Yes, I did previously have a different menstrual advocacy group here but with a change in ownership I can no longer trust their information to be accurate and unbiased.)

US-based users may benefit from shopping [Period.Nirvana](#) - by Kim Rosas, a trusted source in the reusable menstrual product world!

[The end so far.]