



**SAFEPAD™**

**FAQ**



Real Relief Introduces  
a unique product which  
makes Menstrual Hygiene  
Management better with our  
**Anti Microbial Technology**

# Safepad™ – FAQ

This document is designed to answer common questions humanitarians may have when procuring the Safepad. It summarises current evidence learning about the product and it will be updated on a regular basis.

## WHY SAFE PAD?

### Why is Safepad better than the other pads?

Safepad hygienic sanitary pads are designed with a permanently bonded antimicrobial technology that helps reducing vaginal infections caused by *Candida albicans* along with infections from other pathogens and fungi. Safepad is made from polyester yarns that are very durable. By making reusable pads from high-quality, long lasting polyester fabric, we help reduce menstrual product waste by up to 99%.

You could also watch the video by scanning the below QR code.



Real Relief introduces a Safepad made from recycled plastic. At least 14 million tons of plastic end up in the ocean every year. Real Relief has decided to turn the plastic waste into a valuable resource that can be recycled. Real Relief collect plastic in North India, sort and clean it before reprocessing it. The sorted and cleaned plastic waste is melted and extruded into strong and durable polyester yarns. From these yarns Real Relief produce strong, durable, and soft fabric with the same high performance as standard fabric. Now, each Safepad represents 3 plastic bottles less in our ocean.

You could also watch the video by scanning the below QR code.



### What makes Safepad unique?

The Safepad fabric technology ensures high and immediate absorbency, non-leakage, and quick drying after wash. The antimicrobial technology is based on a treatment that leaves a positively charged layer on the fabric. This layer will attract and kill the negatively charged microbes, like bacteria and fungi.



## Why is polyester a better material than organic cotton?

Safepad is made from polyester fabric with a high and immediate absorbency that ensures comfort and leakage free periods. The antimicrobial layer is formed from silica, nitrogen, and carbon. The antimicrobial technology offers an infection free period.

Organic cotton is made from cotton that is organically grown. Even though organic cotton is better than regular cotton, because no or very little pesticides are used, there are still considerable environmental problems associated with cotton:

- On a worldwide average 10.000 litres of water are used to produce 1 kg of cotton, for organic cotton specifically this figure is even higher because the yield is lower
- Fertile farming land is used to produce cotton approximately 10 m<sup>2</sup>/kg
- Cotton is much less durable than polyester and therefore the lifetime is less than half, which gives a higher amount of waste.
- Cotton dries much slower than polyester, so whereas a Safepad will dry in as little as 30 minutes, a comparable pad made from cotton could easily take 24 hours to be properly dried
- Organic cotton pads may absorb a large amount of menstrual fluid. Nevertheless, organic cotton pads may absorb the fluid slower, so even though the organic cotton pad absorbs more, the user might feel a need of changing it more often.
- Blood stains are quite difficult to remove from cotton fabrics as compared to polyester. This will cause the users to discard the cotton pads even earlier. Safepad even has a stain release treatment, that will make it even easier to wash.



- ✓ Antimicrobial
- ✓ High absorbency
- ✓ No irritation
- ✓ Reusable

## PRODUCTION OF SAFEPAD

### Where is Safepad produced?

Our Safepad production sites are in India, Afghanistan, Bangladesh, Nepal, South Africa, Uganda, Zambia, and Nigeria.

### Is Safepad manufactured under safe conditions?

Yes, absolutely. Real Relief has very stringent QA procedures and all materials are thoroughly checked by external laboratories.

We have a very comprehensive Code of Conduct, that prescribes how we operate worldwide and is concerned with both environment, quality, occupational health, safety, workers and human rights.

### What is Safepad made from?

Safepad is made from 100% polyester.

## SPECIFICATIONS OF SAFEPAD

### How many to buy for a full cycle?

Please take our quiz “Know the RR you” to find out your personalized guidelines according to your flow.

### Can I use a Safepad during heavy flow?

Yes, you can. You just need to change your Safepad more often compared to a woman with a moderate flow. On heavy flow days you can use the night pads.

### How much fluid can 1 Safepad hold?

- A Safepad day pad can absorb approximately 20 ml without leaking.
- A Safepad night pad can absorb approximately 30 ml without leaking.

MAKING A REAL PROMISE



### How do I carry my used Safepad?

Real Relief provides a black plastic (non-see-through) ziplock bag as a part of a Safepad kit packaging. The zip log bag provides a discreet way of storing used Safepad until the time of washing.

### What is the lifetime of 1 Safepad?

Safepad is made to last for up to 4 years, making it probably the most durable menstrual pad on the market.

### Is it hygienic to use Safepad?

Yes, Safepad is treated with an antimicrobial treatment that keeps the pad bacteria free at all times. The antimicrobial treatment does not leak and therefore no antimicrobial chemicals will enter the vagina during use.

### How to handle blood clots?

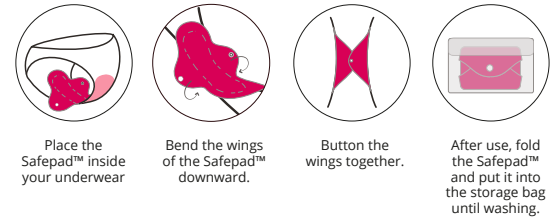
Inner labia Safepads are perfect not only as a backup for a tampon, a cup, or a disc, they are also perfect for heavy bleeders or postpartum when being worn with Safepad. The Inner labia Safepad slows down your flow which allows extra time for the Safepad to absorb all liquid, especially when experiencing blood clots/gushes. The Inner labia Safepad also works as a bridge in-between your Safepad and your vulva spreading the liquid evenly onto the Safepad. This feature will ensure that the full absorption capacity of the pad is used. This combination ensures a leakage free experience.

## HOW TO CARE FOR YOUR SAFEPAD

### How do I use Safepad?

1. Place Safepad inside your underwear
2. Bend the wings of Safepad downwards
3. Snap the button in the wings
4. After use fold the Safepad and put into the storage bag
5. Wash and dry your Safepad

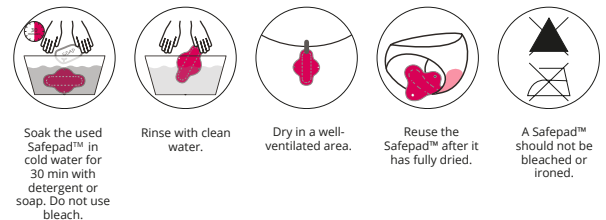
You could also watch the video by scanning the below QR code.



### How do I wash my Safepad?

1. Soak the used Safepad in cold water for 30 minutes with detergent or soap
2. Rinse with clean water
3. Dry under direct sunlight or in a good ventilated area
4. Re-use after Safepad is well dried  
Safepad should not be bleached or ironed.

You could also watch the video by scanning the below QR code.



### How do I wash off stains?

If you have difficulties washing your Safepad, allow it to soak 10-15 minutes longer than usually.

### Can I wash my Safepad in a washing machine?

Yes, you can. Use only cold wash program.

### How many times can I wash Safepad?

Safepad can be reused up to 100 times.

### I accidentally tumble dried my Safepad, is it ruined?

You can still use your Safepad after it has been tumble dried. The antimicrobial treatment does not come off during wash or if tumble dried.

