



Looking for a group project where you can create kits to ensure clean and safe births in Haiti?

Have sewing experience and willing to create reusable menstrual kits for women in Haiti?

Choose one or both of these project and mail completed kits to:

Midwives For Haiti UNIT #1036

5202 W. Broad Street

Richmond, VA 23230

**Please note that the address listed above is for in-kind supply donations only. Monetary donations must be mailed to Midwives For Haiti, 7130 Glen Forest Drive, Suite 101, Richmond, VA 23226.*

Days For Girls Feminine Hygiene Kits (FHKs)

Each washable Days For Girls kit contains 2 shields, 8 liners, 2 pairs of panties, a washcloth, an unwrapped bar of soap, two gallon-sized Ziploc freezer bags, usage pictorial, all contained in a drawstring bag. Each kit lasts up to 3 years with proper care.

Please visit this site and follow the specific instruction to create FHKs:

www.DaysForGirls.org

Clean Delivery Kits (CDKs)

CDKs are pre-packaged, sing-use, disposable kits that contain essential items for conducting clean deliveries. Items contained in the kits reflect the World Health Organization's six principles of cleanliness for birth.

Clean Delivery Kids (CDKs) are typically distributed by Midwives For Haiti (MFH) to Traditional Birth Attendants (TBAs) who attend births outside of medical facilities. TBAs receiving CDKs have completed a formal training emphasizing danger signs during pregnancy and reasons to transfer a patient to a medical facility. They have also been oriented to kit contents and receive monthly continued education where CDKs are distributed.

Please follow the instructions on page 2 to create CDKs.

Additional questions? Contact info@midwivesforhaiti.org or call 804-545-6882

www.MidwivesForHaiti.org

Midwives For Haiti: CDK Assembly Instructions

As you read the attached CDK supply list and instructions, please keep in mind that our CDKs must be **identical** to promote practice standards among the Traditional Birth Attendants (TBAs) that we work with in Haiti. *If you feel that you cannot make these exactly as described in the instructions, feel free to make them to the point that you can and we can finish them in Haiti.*

Also attached are our CDK pictorial instructions (page 4), a paper insert that **must** go into every CDK made. These are meant to remind the TBAs that we work with how to use the materials provided in the kits.

Clean Delivery Kits (CDK): ASSEMBLY

Before assembling kits, please ensure that your hands have been washed and you have prepared a clean, dry surface for assembly. CDK contents cannot be considered “clean” if they have been handled in an unsanitary matter. Please do not place any kit items on the floor or unclean surface. For quality control, CDKs need to be standard and consistent. Please do not substitute items. For example, do not replace cotton string with synthetic string or plastic cord clamps. Also, please do not add items that are not listed below.

Each CDK should include one small Ziploc plastic bag containing:

- **2 sterile cord ties**
 - Cord ties are made from cotton string. Each segment should be approximately 4 inches in length. Two segments of string can be wrapped together in a piece of paper, twisted at the ends like a piece of hard candy. These can be placed in a metal container and sterilized in an autoclave.
- **2 pair of medium or “one size fits all” gloves**
- **2 alcohol pads**
- **1 sterile 2-sided steel #10 blade disposable**
- **1 Chux pad/absorbent underpad OR sheet of clean plastic (3ft x 3 ft)**
- **1 small bar of soap**
- **1-2 sterile 4x4 gauze square**
- **Pictorial instructions (attached page 4)**

Sealing: Place all items into a biodegradable plastic bag, fold the top of the bag over by approximately ½ inch. Pass the top of the bag over a candle flame to seal it. Once the melted plastic has dried, verify that there are no air leaks. The bags need to be as airtight as possible to ensure the quality of contents.

Sterilization: If an autoclave is not available, you may leave the string un-sterilized. If you choose this option, please DO NOT seal the CDK bags and make sure to put a large note in the packing container so staff in Haiti can be notified and sterilize it upon arrival.

Alternatively, you can follow these instructions to **sterilize using a conventional oven:**

- Use natural cotton string with no dyes or chemicals and prepare the string as specified in the CDK assembly instructions, using heavy brown paper (like a paper shopping bag) to wrap the string.
- Place all of the individual “packages” of wrapped string in a clean, shallow pan. Put the pan on a rack in the middle of the oven. Place a shallow pan of water on the lower oven rack.
- Bake at 250 degrees Fahrenheit for 2 hours OR 350 degrees F for 1 hour. Remove from oven and allow to dry.

Blades can be purchased here: <http://amzn.to/23Cv5KR>

Biodegradable plastic bags can be purchased here: <http://amzn.to/20AY2o9>

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Midwives For Haiti: CDK Assembly Instructions

1. Wrapping umbilical cord string to prepare for sterilization in an autoclave.



2. Adding blade, sterile umbilical strings, and alcohol pads to Ziploc bag with four non-sterile gloves.



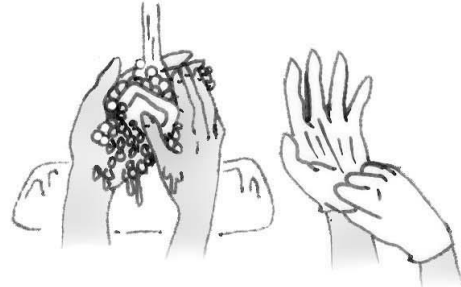
3. Placing all contents inside a biodegradable plastic bag and heat-sealing the bag with a candle flame.



1. Mete sèvyèt la esteril anba déyé manman.



2. Lave men ou avèk savon ak dlo pwòp.



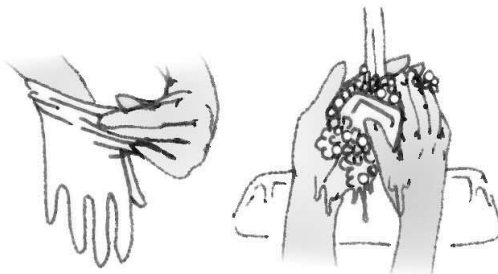
3. Seche ti moun nan avèk yon sèvyèt pwop sèch.



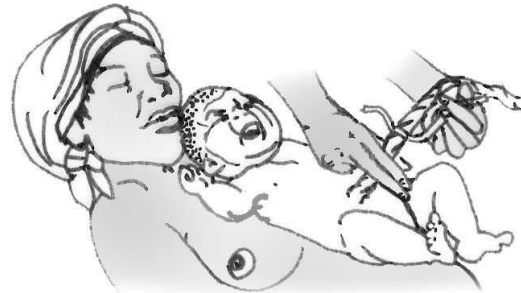
3. Ankouraje manman an bay tete touswit, pou ede plasemnta a soti.



4. Jete gan yo. Lave men ou avèk savon ak dlo pwòp.



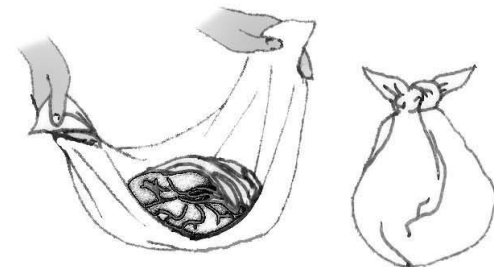
5. Mezire de dwèt soti nan vant ti bebe a.



6. Mare kòd lonbrit ak fil pwòp la.
Koupe kòd lonbrit ak lam a pwòp.



7. Mete tout materyèl sal anndan sachè a.
Antere plasemnta anba tè a.



Kouman Yo Sèvi ak Yon Twous Akouchman Pwòp