



## Rolled Bandages

Even the most basic supplies are often lacking at mission hospitals and clinics overseas. Many health facilities have limited access to clean, affordable bandages, an item they use every day as they care for patients.

Simple rolled bandages can be made from used white cotton or cotton-blend bed sheets (we ask for white only, as the dye in colored sheets is not suitable for wound care).

### Instructions:

- Pre-wash material.
- Cut or rip into long strips, two to four inches wide and ideally about 6 feet long.
- If using more than one strip: sew strips together end to end (for a continuous roll). Bandages can also be made from just one strip the length of a bed sheet.
- Assemble strips into rolls about one to two inches in diameter. Roll tightly and evenly and pull or cut off loose threads.
- Secure each bandage with *masking tape* to keep from unrolling.

Your financial gifts help make this ministry possible! Just 5 cents for each bandage rolled helps ship these precious supplies overseas!



Patient at Nkoaranga Hospital, Tanzania



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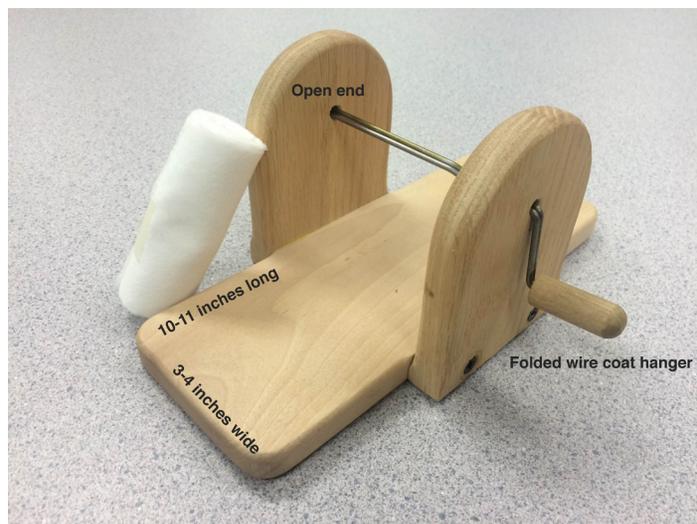
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A sample bandage rolling “machine” can be created from scrap wood and a wire coat hanger.



- Place end of bandage strip into the double wire. Roll tightly and evenly.
- Pull the wire from the center of the bandage.
- Note: A couple of backwards turns on the “crank” makes it easy to pull the wire out and avoid an uneven center in the bandage roll.

### **Linens are always needed**

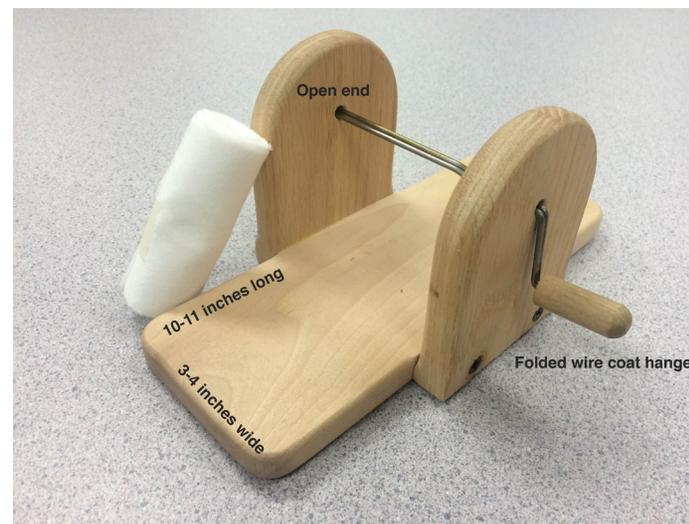
Twin-size flat sheets, blankets and quilts, smaller bath towels and washcloths are always needed by overseas mission hospitals and clinics. New or clean, gently-used items are welcome.

#### **PLEASE MAIL OR DELIVER TO:**

GLOBAL HEALTH MINISTRIES  
7831 HICKORY STREET NE  
MINNEAPOLIS, MN 55432

Phone: (763) 586-9590 • Fax: (763) 586-9591  
E-mail: office@ghm.org • Website: www.ghm.org

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