



Virtual Papaya Workshop

How to care for your MVA Kit:

1. Watch the preview demonstration video to get acquainted with your MVA components:
https://youtu.be/b_orjTv2_Po
2. Practice setting up your laptop/webcam so it can show your papaya, dragonfruit, or tomato and MVA kit. The best configuration is probably to position yourself behind your papaya in your webcam's field of vision:

[you] <---- [papaya+mva] <----- [webcam/laptop]

That way your small-group facilitator and fellow participants can see both you and your papaya, and you can see them. (If your zoom login email is different from the one you're receiving this via now, please let us know, so we can pre-assign you to your small group with the proper email.)

3. Assemble and use your kit during the workshop, per instructions.
4. **Thoroughly wash your kit with mild soap and water, making sure to remove papaya seeds from cannula and aspirator.**
5. Use the enclosed mailing label to readdress your box and send with all components (sans papaya) back to us or to the next workshop participant.

How to care for your papaya (if you received one)

- 1. If papaya is already soft to touch/ripe, refrigerate immediately until your workshop. Otherwise, leave at room temperature for several days to ripen.**
- 2. If your papaya is not yet ripe enough, consider using the following tip that came in through the RHEDI Access List: microwave your papaya for 1 to 1.5 minutes until soft.**
- 3. If your papaya still has a stem, use a small spoon to remove it.**
- 4. Use chux or paper towels to catch seeds and fruit from papaya procedure.**
- 5. Please compost (or serve!) your papaya after the workshop, if possible.**