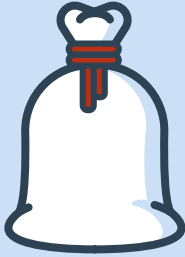


Laundry from **loved** ones...

Information for carers



This information is for anyone who will be washing their relative or friend's clothing whilst they are in hospital and who have been, or may have been, exposed to COVID-19.



Staff will hand the laundry to you in a tied polythene bag. Within that bag will be a second tied polythene bag containing the used laundry.



Items which have been grossly contaminated with blood or other body fluids will not be included.



PROCESS: Stage One



- Take the items home in the tied polythene bag that staff handed to you.
 - Leave the polythene bag in a safe place for a period of **72 hours**, starting from the time the laundry bag was handed over to you at the hospital.
 - For the process of removing and washing the used laundry, you must:
 - Wear plastic or rubber gloves which you can wash or throw away after using.
 - Keep the used dirty laundry away from your body/clothing.
 - Do not place used laundry on the floor or other surfaces such as the kitchen top or a table.
 - Keep the laundry separate from other laundry.
 - Wash hands with soap and warm running water after taking gloves off.
1. Remove the outer polythene bag and promptly place into a domestic waste bin, preferably a bin with a lid.
 2. Carefully rip the second polythene bag open and put the clothing straight into the washing machine. Do not add other laundry to the wash.
 3. Promptly place the second polythene bag into a domestic waste bin. Also put the gloves in the domestic waste bin or wash them thoroughly with soap and warm water if they are re-usable.
 4. Wash your hands with soap and warm running water following removal of the gloves.
 5. For the washing machine cycle, use the 'pre-wash' cold rinse cycle first. Next, wash on a hot wash cycle on 60-degrees **OR** the highest temperature that the fabric can tolerate. Do not soak. Use normal washing powder / detergent.
 6. Do not overload the washing machine.

Note: A 60-degree washing temperature with fabrics such as, wool, polyester, rayon, spandex, or silk may cause the clothing to shrink.

PROCESS: Stage Two

- Remove the washed laundry from the washing machine.
- If possible, tumble-dry the wet clothes following the washing instructions on the items of clothing.
- If you cannot tumble-dry the items, dry them in the way you would normally, for example on a washing line or clothes horse.
- Iron clothes according to their washing instructions. If possible, use a hot steam iron.



Wash hands with soap and warm running water after handling bags containing used laundry.



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