Low temperature washing: laundry guidance

**WHAT KIND OF LAUNDRY ARE YOU WASHING?**

1. **Normal laundry items**
   - Are you washing normal laundry items, and is no one in the household ill (or especially vulnerable to infections)?

2. **Items of ill persons, clothing of their carers, or items of vulnerable persons**
   - Are you washing items of people who are ill or especially vulnerable to infection, or clothing of their carers?

3. **Professional clothing that may be contaminated**
   - Are you washing health care uniforms, or other clothing that may be contaminated?
   - Examples: doctors, nurses, veterinarians, sewage workers, medical laboratory clothing etc.
   - If possible, these items should not be laundered at home, but instead, a dedicated professional laundry facility should be used.

4. **Normal laundry items**
   - Does this load consist of normal laundry items? (like shirts, trousers, underwear, towels)?

5. **Kitchen/food preparation textiles**
   - Are you washing items used when cooking or preparing food? (like tea towels, aprons, dishcloths...)

6. **Items heavily soiled with faeces, vomit, blood,...**
   - Are you washing items that have been heavily soiled with body fluids, such as faeces, vomit, blood, urine,...?

7. **All normal items without intense intimate body contact**
   - Does this load consist of items that have limited contact with your body? (like trousers, T-shirts, pullovers, top underwear, socks, curtains, table clothes, etc.)

8. **Items with direct intimate body contact**
   - Are you washing clothes that come into direct and intimate contact with the body, so they are likely soiled (visibly or not) with body fluids? (like knickers, handkerchiefs, bath towels, bed sheets)

9. **High people-contact sports clothing**
   - Are you washing clothing that is used for intense people-contact sports, like martial arts or rugby?

**Washing machine advice:**

Every 5th cycle, run a 60°C wash, using a general purpose powder detergent.

**Care label and detergent info:**

Only use a process allowed by the care label:

- **X**: bleach not allowed
- **T**: maximum temperature

If the recommended temperature, or a general purpose powder detergent (see below), is/are not allowed, use a different process with equivalent performance, e.g.:

- 30°C
- Light-duty, liquid or ‘colour’ powder detergent
  + appropriate laundry additive

**NB:** A general purpose powder detergent is a powder detergent that can be used for any textile/colour and which contains oxygen-based bleaching agents (see ingredient list on the packaging).

For more info on the care label, please visit www.clevercare.info

For other best use tips, please visit www.cleanright.eu

*When using a shared laundry facility (eg launderette), wash at 30-40°C and use a general purpose powder detergent.

** Wash different higher risk loads separately.

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