

# SORTING LAUNDRY

## HOW TO PROPERLY SORT AND WASH CONTAMINATED LAUNDRY

INFORMATION AND GUIDANCE FROM BUPA.CO.UK AND THE NATIONAL HEALTH SERVICE

Washing contaminated clothing in a care home is a crucial step in preventing the spread of infection. Here is a step-by-step guide on how to properly wash contaminated clothing in a care home:

1

### PUT ON PERSONAL PROTECTIVE EQUIPMENT

Before handling contaminated clothing, put on personal protective equipment such as gloves and a mask to protect yourself from infection.

### REMOVE THE LAUNDRY

Carefully remove the contaminated laundry from the resident or staff member and place it in a plastic bag. Seal the bag and label it as contaminated.

2

3

### TRANSPORT THE LAUNDRY

Transport the contaminated clothing to the laundry room in a dedicated laundry bag. Do not mix contaminated clothing with other laundry.

### SORT THE LAUNDRY

Sort the contaminated or infectious laundry into red laundry bags.



#### KEY:

Red - Contaminated/Infectious  
Yellow - Soiled or Stained  
(Non-infectious)  
Green: Clean unused laundry  
Blue: Dry cleaning

4

5

### WASH THE LAUNDRY

Use hot water and detergent to wash the contaminated laundry. Set the washer to the highest possible temperature and use the longest wash cycle.

### DRY THE LAUNDRY

After washing, dry the contaminated laundry in a dryer set to the highest possible temperature. Do not air dry contaminated laundry.

6

7

### DISINFECT THE LAUNDRY AREA

After handling contaminated clothing, disinfect the laundry area and all equipment used. Use an appropriate disinfectant and follow the manufacturer's instructions.

### REMOVER PERSONAL PROTECTIVE EQUIPMENT

After handling contaminated clothing and disinfecting the area, remove personal protective equipment and dispose of it appropriately. Wash your hands thoroughly with soap and water.

8