

# **Stopping the spread of**

# germs

# **In the laundry**

1. Transport laundry in plastic bags or water-proof containers.
2. Do not carry laundry in close contact with your body.
3. Wash your hands after working with laundry.
4. Don't touch your nose, eyes, ears, or mouth after dealing with laundry until you have washed your hands first.
5. Heavily soiled clothing with blood or bodily fluids should be prewashed or left for an extra rinse cycle.
6. Use regular detergent and the hottest water allowable.
7. Dry clothes completely at the hottest setting.
8. Wash known infected materials separately.
9. Transport clean laundry in containers not used for dirty laundry.



*Infectious Disease Epidemiology*  
Adapted from Texas Department of State Health Services,  
Louisiana Office of Public Health, and the CDC