

# How to clean soiled patient clothing

## Advice for carers

### Our tips

**As we don't provide a laundry service to clean patient's clothing, we kindly ask that carers, and family and friends of patients help us with this.**

Patient wellbeing is our top priority, and we want you to be safe when you visit our wards and when you return home.

To prevent the spread of infection, please follow these guidelines when cleaning your relative's clothing:

- Wash all soiled clothing separately to other items – don't mix items with other home laundry
- Empty the bag of dirty clothes straight into the washing machine – limit your direct contact with the clothes as much as possible
- Dispose of the empty bag into a household rubbish bin, and wash your hands thoroughly with soap and water
- Use the pre-wash setting on the washing machine first, then use a main wash setting
- Wash the clothes on the highest temperature setting possible which won't damage the clothes
- After you've removed items from the machine, clean around your washing machine, door and worktops with your usual kitchen cleaner
- Tumble dry and iron the clothes as necessary, following the clothing labels – this can help with disinfection

## Further advice

You can find further advice from the NHS on how to prevent the spread of infections on their website:

[www.nhs.uk/common-health-questions/infections](http://www.nhs.uk/common-health-questions/infections)

You can also contact our Patient Advice and Liaison Service (PALS) who can support you if you have any other concerns

Call 0118 960 5027

Email [BHFTPALS@berkshire.nhs.uk](mailto:BHFTPALS@berkshire.nhs.uk)

### How to contact us

If you need to contact us or require further information...

Call: 0118 960 5140

Email: [infection.control@berkshire.nhs.uk](mailto:infection.control@berkshire.nhs.uk)

[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

