Tip Sheet: Handling Personal Laundry
during COVID-19

Tips for handling personal laundry and cleaning for continuing care residents
during COVID-19 Pandemic

1. Personal laundry
   1.1 Change to process for picking up and dropping off laundry
       • Laundry can be picked up and dropped off during the day at times arranged by the facility.
       • There will be no drop off/pick up on evenings, weekends, or holidays.
       • Soiled laundry for pick up will be placed in a disposable bag and labelled with the resident’s name.
       • Put clean laundry in a new disposable bag or in a clean, sealed bin and labelled with the resident’s name for drop-off.
   1.2 Tips for handling laundry
       • Transport clothes in either a disposable plastic bag or a washable cloth bag that can be laundered at the same time as the clothes.
       • Launder resident’s clothing separately from other laundry using a hot water wash cycle followed by a cycle in the dryer.
       • Have minimal contact with laundry. Do not shake or hug dirty laundry. Place directly from the laundry bag into the washer.
       • Discard plastic bag, if one was used.
       • Wash hands after handling soiled laundry and before handling clean laundry.
       • Fold clothing on a clean surface.
       • If laundry is being returned to the facility, return in a clean marked bag or sealed container.
       • Washing machine surfaces especially, touch surfaces such as doors/setting knobs or buttons, may be wiped down using any household disinfectant product, refer to 2.1 for details.

2. Cleaning at home
   2.1 Hard surfaces
       • Any of the following household products are effective for cleaning and disinfecting hard surfaces at home when used according to label instructions:
         o Household bleach: refer to this environmental public health document for more details about dilution, high touch surfaces, e.g., tabletops, light switches, door knobs, sink taps, toilet handles, counter tops, cleaning technique etc.;
         o commercial benzalkonium chloride, e.g., Lysol™ and other antibacterial products;
         o hydrogen peroxide;
         o >70% alcohol.
       • Refer to the Government of Canada website "Hard-surface disinfectants and hand sanitizers (COVID-19) list of hard-surface disinfectants” to check if a specific disinfectant is listed.
2.2 Upholstered furniture or soft surfaces
   • Clean any visible soil from soft or porous surfaces such as upholstered furniture, carpets, rugs, and drapes using disinfectants or cleaners that won't damage the surface, e.g., disinfectant listed above or soap and water.
   • Consult manufacturer’s recommendations for cleaning and disinfection of these surfaces. If appropriate manufacturer’s recommendations are not available, consult Public Health. Consider discarding items that cannot be appropriately cleaned and disinfected.

3. Resources
   AHS IPC Tips for Personalizing Spaces in Continuing Care