



Laundry Quick Tips

Keeping clothes clean can be achieved with a little time each day. Having clean clothes helps keep a healthy home and family. Having clean clothes to wear improves confidence and wellbeing.

- Washing your clothes every couple of days will keep this manageable.
- Use cold water which is just as effective as using hot water and will save on energy bills.
- Whites, colours, and dark clothing are best separated, hand wash (delicate material).
- Check all pockets, particularly for tissues and paper.
- Wash off or soak food and other stains and spills as soon as possible
- Socks and underwear should only be worn once, and then washed.
- You will find that in summer and being active your clothes will need to be washed more frequently to keep them clean.
- Wash all bed linen every couple of weeks. In summer this may need to be done more frequently.
- Wash quilts and doonas when they need it or every couple of weeks. You can also put them out on the line, without their covers, in summer time to remove dust and allergens.
- Tea towels and hand towels should only be used for a few days, then washed. Tea towels are for drying dishes, do not use them to mop up spills on the floor and then use them on the clean dishes. Try using paper towel to mop up spills, which can be put in the rubbish.
- Bath towels can be used a couple of times and then can be washed every couple of days to keep you safe from germs, fungi and bacteria.