



Dettol Tips for *Mamababyworld.com*

Issue: Laundry

Let's face it. Laundry is not sexy. Often, laundry is a forgotten area of household hygiene as laundry areas are perceived to be clean. However, studies have shown that transfer of microbes between contaminated and uncontaminated clothing can occur during washing. Furthermore, low temperature washing may not destroy all the germs. The lower the temperature, water volume and detergent level, the greater the risk of infection.

According to the Dettol Global Hygiene Survey, which included 1,000 Malaysians, most people agreed that disinfecting laundry is one of the most effective ways to prevent the spread of germs. Washing clothes with soap and water only is not enough.

So, how should hygienic laundry measures be implemented? Here are some helpful tips :

- Launder clothes, linen, towels and other fabrics at a high temperature (above 60°C) as this provides consistent hygienic decontamination across all species of organisms
- If a lower temperature is recommended or you prefer to wash at a lower temperature, then add some antiseptic liquid, particularly for the laundry of small children or other contaminated items
- Launder heavily soiled items separately, with added antiseptic liquid
- Dry clothes immediately after washing to prevent build up of germs on damp items
- Run washing machine empty at a high-temperature occasionally to prevent it becoming a reservoir for germs. It is also advisable to disinfect laundry preparation surfaces occasionally to prevent transmission of infection in the home, especially if a household member is ill
- Wash hands after touching any laundry with antibacterial soap
- Laundry should be washed in clean water and preferably sun-dried in scorching sun and then ironed

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