



## **LIVING WITH COVID-19**

**WASHING CLOTHES /  
DOING LAUNDRY**

1.



Change your clothes as soon as you enter home from outside and wash your soiled clothes immediately.

2.



If you are not able to do so, place your soiled clothes in a **separate bag or covered laundry basket.**

3.



Make sure your **clothes do not touch**  
**any surface** of the house, before you  
wash them.

4.



Please **sanitise your hands** before and after taking off your soiled clothes.

5.



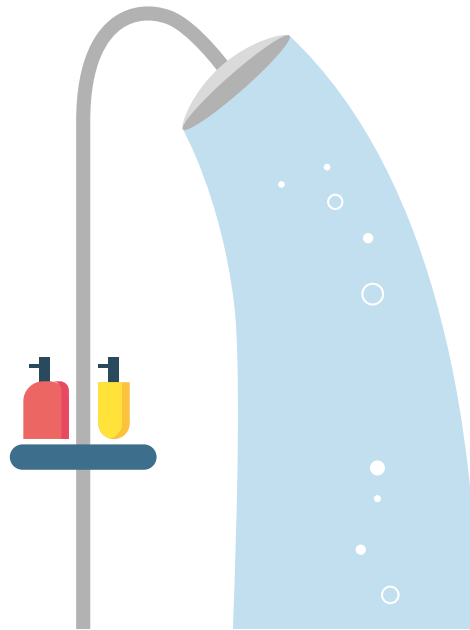
Leave clothes **soaked in warm water and laundry detergent for about 20 minutes** (for all layers to be disinfected) before washing.

6.



Use a **good quality detergent.**

# 7.



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If you have **hand-washed your clothes**, ensure you take a shower immediately.





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## #TheNewNormal #LivingWithCOVID

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To book a e-consult, visit [www.fortishealthcare.com](http://www.fortishealthcare.com).

**WHILE  
VISITING US,  
PLEASE:**



Wear  
a mask at  
all times



Maintain  
social  
distancing



Carry  
hand  
sanitiser