**CORONAVIRUS (COVID-19):- LAUNDRY GUIDELINES**

**Instructions to be followed:-**

1. **Hand Washing:- *Hands must be washed before:***
* Working

***Hands must be washed after:***

* Using the toilet
* Coughing, sneezing, eating, drinking or smoking
* Handling waste
* Carrying out cleaning duties
* Changing soiled clothes (apron)
* Touching ears, nose, hair, mouth, or other bare body parts
* Any other unhygienic practice
1. Social Distancing **:-**
* Maintain 1 meter distance from other person
* Do not shake hands
1. Respiratory etiquettes:- Cover your mouth and nose with a tissue when you cough and sneeze if you don’t have a tissue cough and sneeze into your elbow and wash your hands.
2. Wear a hair restraint (hat or hairnet)
3. Keep fingernails short and clean
4. Cover all wounds or cuts on hands or arms completely with bright-coloured waterproof wound strip
5. workers should be free from any illnesses such as gastro or the flu
6. Cease work and report to the manager while ill.
7. Area should be clean.
8. Should be clear (no obstruction, unwanted boxes, crates and other articles).
9. Should be adequately ventilated
10. Do not shake laundry
11. Use the warmest appropriate water
12. Use disinfectant for washing clothes
13. Hospital clothes should be wash separately with Dettol.
14. Dry the clothes completely in sunlight
15. Clean, disinfect baskets and carts.

 **(Initiative Taken By Akal College Of Nursing, Baru Sahib)**