# How to safely clean your work clothes after a shift

## When leaving work follow your normal infection control practice

<table>
<thead>
<tr>
<th>When your shift finishes</th>
<th>When you arrive home</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> Perform hand hygiene <strong>BEFORE</strong> and <strong>AFTER</strong> cleaning your work clothes</td>
<td><strong>1</strong> Perform hand hygiene when you enter your house</td>
</tr>
<tr>
<td></td>
<td><strong>2</strong> Remove your work clothes <strong>– if still wearing</strong></td>
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<tr>
<td></td>
<td><strong>3</strong> Machine wash work clothes <strong>(and washable laundry bag)</strong> at the highest temperature the fabric tolerates</td>
</tr>
<tr>
<td></td>
<td><strong>4</strong> Dry thoroughly before reuse</td>
</tr>
</tbody>
</table>

1. **Perform hand hygiene** **BEFORE** and **AFTER** cleaning your work clothes.
2. **If working in a quarantine, isolation or outbreak setting,** *remove your work clothes and change into your own clothes before you leave work*.
3. Place in a plastic bag or washable laundry bag to take home.
4. **Machine wash work clothes (and washable laundry bag)** at the highest temperature the fabric tolerates.
5. **Dry thoroughly before reuse.**

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### Additional steps

1. **Remove your work clothes** *– if still wearing*.
2. **Perform hand hygiene** when you enter your house.
3. **If working in a quarantine, isolation or outbreak setting,** *remove your work clothes and change into your own clothes before you leave work*.
4. **Place in a plastic bag or washable laundry bag to take home.**
5. **Machine wash work clothes (and washable laundry bag)** at the highest temperature the fabric tolerates.
6. **Dry thoroughly before reuse.**

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