



**Directorate of Health & Family Welfare  
Government of Punjab  
Integrated Disease Surveillance Programme (IDSP)  
Parivar Kalyan Bhawan, Sector-34A, Chandigarh.  
Phone No: 0172-2621506**

No. IDSP/NHM/PB/20/170-194

Date, Chandigarh 11-04-2020

To

1. All Civil Surgeons  
Punjab
2. Principal  
Govt Medical College Amritsar, Patiala and GGSMC Faridkot

**Subject: Regarding Guidelines for cleaning soiled bedding, towels and clothes from patients with COVID-19**

**Reference to the subject mentioned above, the following guidelines need to be followed while cleaning soiled bedding, towels and clothes from patients with COVID-19.**

1. **Clean laundry and surfaces in all environments where COVID-19 cases receive care at least once a day and when a patient is discharged. Use the following:**
  - Hospital disinfectants: 70% ethyl alcohol for small areas – reusable dedicated equipment (e.g., thermometers)
  - Sodium hypochlorite at 1% for surface disinfection
2. **Staff dealing with soiled bedding, towels and clothes from COVID-19 patients should**
  - Wear appropriate PPE – heavy duty gloves, mask, eye protection (goggles/face shield), long-sleeved gown, apron (if gown is not fluid resistant), and boots or closed shoes
  - Never carry soiled linen against body; place soiled linen in a leak-proof bag or bucket
  - Perform hand hygiene after blood/body fluid exposure and after PPE removal
3. **Soiled linen should be placed in clearly labelled, leak-proof bags or containers, carefully removing any solid excrement and putting in covered bucket to dispose of in the toilet**
  - Washing machine: Wash at 60-90°C with laundry detergent followed by soaking in 0.1% chlorine for approximately 30 minutes and dried



- Non machine washing: Soak in hot water with soap/detergent in a large drum. Use a stick to stir and avoid splashing. Empty the drum and soak linen in 0.1% chlorine for approx. 30 minutes. Rinse with clean water and let linens dry fully in the sunlight

  
**Director, Health and Family Welfare Punjab**

Endst.No./IDSP/NHM/PB/20/

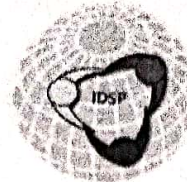
Date, 11-04-2020

CC to

1. PS to Principal Secretary Health and Family Welfare for kind information.
2. PA to Mission Director NHM for kind information.
3. PA to Managing Director PHSC for kind information
4. Director, NHM for kind information.
5. Director, PHSC for kind information.

**Director, Health and Family Welfare Punjab**





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