



Current Condition(Revision C)


LAUNDRY CHEAT SHEET




WASH




BLEACH



TUMBLE DRY



IRON



DRY CLEAN

MORE DOTS - ADD HEAT

Low •

Medium ••

High •••


MORE LINES - GENTLE

Permanent Press

Gentle/Delicate


“X” - Do Not

*Stain Removal: Please try on an inside seam. Certain combinations of chemicals on fabrics may destroy the garment.




INK OR PAINT

The following remedies are increasingly aggressive and could destroy the garment. Try one and rinse. 1) Rub with dishwashing liquid. 2) Rub with hairspray. 3) Rub with (isopropyl alcohol). 4) Rub stain with acetone or nail polish remover. 5) Launder with color safe bleach.




GRASS

Rub with one part dishwashing liquid and two parts hydrogen peroxide. Rinse with cold water.




BLOOD, VOMIT, URINE, OR FECES

Rinse with cold water. Launder with one cup of hydrogen peroxide and one cup of baking soda (sodium bicarbonate).




SWEAT STAINS

Soak stain in a mixture of lemon juice and water and let dry in the sun. Soak in one part hydrogen peroxide and one part water for 1 hour. Wash with one cup of hydrogen peroxide.




MUD

Presoak item in warm water and laundry detergent. This will help loosen the stain. Follow with washing in white vinegar or hydrogen peroxide if necessary.




FOOD

Soak stain in dishwashing liquid and water. If that does not work, buy digestive enzymes (proteases). Grind up tablets and make a paste with water. Rub paste into the stain and let sit for 20 minutes.




COFFEE, TEA, SOFT DRINKS, OR WINE

Soak in vinegar or try scrubbing with a paste of baking powder and water. Rinse with cold water.



GREASE, OIL, OR LIPSTICK

Rub baking soda (sodium bicarbonate) and water into the stain. Rinse with cold water. If that does not work, soak in vinegar and scrub with dish soap. Rinse with cold water. As a last resort, try WD-40 for 20 seconds; rinse quickly.




WASHING AND DRYING

	WASH	DRY
WHITES	Hot w/ Bleach	Low Heat
LIGHTS	Warm	Low Heat
JEANS	Cold*	Low Heat*
DARKS	Cold	Low Heat

*INSIDE OUT

For best results check the label.

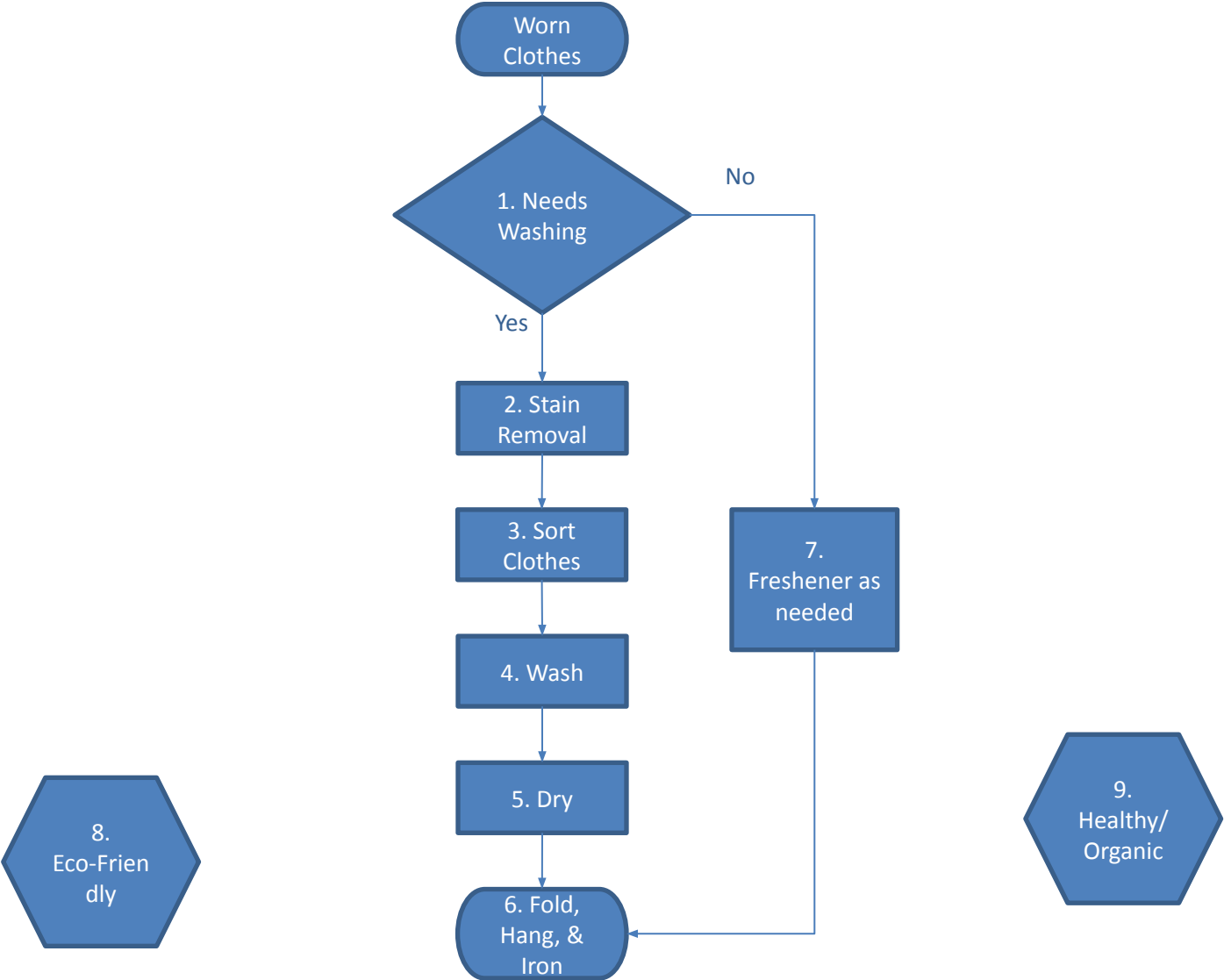


THINGS TO REMEMBER:

- Treat all stains before washing.
- Check pockets for ink pens, cell phones and other items.

Vaisin Products
Designed by McKi Kistler Rev. C

Flowchart & Organization of following slides



1. Needs Washing

- According to the Cleaning Institute, washing everything after each use is not necessary; and can be wasteful. If soiled or smelly, wash. If stained, treat stain immediately.

Clothing	Wash every
Underwear, Socks, T-Shirts, Leggings & Tights, Bright Whites, Bathing Suits, and workout gear	Single use
Bras	2-3
Outer Clothes (dresses & dress shirts) and Pajamas	3 uses
Skirts, khakis, & jeans	6-10
Bath Towels	5 uses
Bed Sheets	2 weeks

2. Stain Removal:

Treat stains when you take the clothes off; not when you have time for laundry. The stain may be permanent by then.

Treat stains as soon as possible; when left, some stains set forever. Keep a stain remover pen handy. Try on an inside seam. Certain combinations of chemicals and fabrics may destroy the garment. Do not dry until the stain is gone. Launder normally after treating the stain.

BLOOD - Rub with a mix of Hydrogen Peroxide & Baking Soda. Rinse with cold water from the back of stain.

CANDLE WAX/CRAYON & GLUE/GUM – Place in freezer for 1 hour, scrape excess off with a spoon. Rub with laundry detergent.

COFFEE, SOFT DRINKS, & TEA- Rinse with cold water from the back of stain. Rub with laundry detergent. Soak in vinegar or try scrubbing with a paste of baking soda and water.

FOOD - Soak stain in dishwashing liquid and water. Also try soaking in vinegar.

FRUIT JUICE- Rinse with vinegar & then cold water.

GRASS - Rub with a mix dishwashing liquid & hydrogen peroxide. Rinse with cold water from the back of stain. Also try vinegar.

GREASE & OIL - Rub mix of baking soda & water into the stain. More aggressive, soak in vinegar & scrub with dish soap. As a last resort, try WD-40 for 20 seconds, rinse quickly. Alternately, rub grease stains with chalk or baby powder.

LIPSTICK – Blot with a white piece of bread. Rub baking soda and water into the stain. Rinse with cold water. More aggressive, soak in vinegar and scrub with dishwashing liquid. Rinse with cold water. Alternately, rub lipstick with shaving cream.

INK - The following remedies are increasingly aggressive and could destroy the garment. Try one and rinse with cold water from the back of stain. 1)Rub with dishwashing liquid. 2)Rub with hairspray or hand sanitizer. 3)Rub with isopropyl alcohol. 4)Rub stain with acetone or nail polisher remover. 5)launder with color safe bleach.

SHOE POLISH - Rub with dishwashing liquid or rub with salt & lemon juice.

SWEAT STAINS - Soak in 1 part hydrogen peroxide and 1 part water for 1 hour. Soak stain in a mixture of lemon juice & water and let dry in the sun. Launder with one cup of hydrogen peroxide.

MUD - Rub with laundry detergent. Launder in white vinegar or hydrogen peroxide if necessary.

PAINT - For water based paint, rub with soapy water. For oil based paint, soak & rinse with paint thinner. For acrylic paint rub with rubbing alcohol.

RING AROUND THE COLLAR – Rub with shampoo.

RUST – Blot with a vinegar soaked cloth. Soak in warm water. Dry in direct sunlight.

TAR – Soak stain with olive oil. Let soak for 1 hour. Rub with dishwashing liquid and rinse. Rub with rubbing alcohol if needed.

TOMATO SAUCES - Scrape excess off with a spoon. Run cold water from the back of the stain until the water is clear. If oily(likely with a meat sauce), rub with dish washing liquid. Allow to sit for 10 minutes. Apply white vinegar if needed.

VOMIT, URINE,& FECES - Rinse with cold water from the back of stain. Launder with one cup of hydrogen peroxide and one cup of baking soda(sodium bicarbonate).

WINE - Dab with paper towel soaked in club soda. Scrub with table salt. Soak in vinegar or try scrubbing with a paste of baking powder and water. Rinse with cold water. Also try Wine Away.

In a rush, Oxiclean powder to the whole load may work.

3. Sort Clothes

Separate by Type and Laundry Symbol

Whites

Lights

Darks & Jeans(turn inside-out)

Delicates(put in mesh bags)




















Towels

New Clothes

Heavily Soiled Clothes

Dry-clean only

Sort into mesh or wire hampers; dark & damp can encourage mold and bacteria.
 In a rush, washer mixed clothes with Shout Color Catcher Sheets in cold water.
 Mark clothes tags with a colored dot (permanent marker) to make the next sort quicker.

 Wash	Machine Wash Cycles  Normal	 Permanent Press	 Delicate/Gentle	 Hand Wash																					
	Water Temperatures <table border="1"> <tr> <td>(Maximum)</td> <td>(200F)</td> <td>(160F)</td> <td>(140F)</td> <td>(120F)</td> <td>(105F)</td> <td>(65F-85F)</td> </tr> <tr> <td></td> <td>95C</td> <td>70C</td> <td>60C</td> <td>50C</td> <td>40C</td> <td>30C</td> </tr> <tr> <td>Symbol(s)</td> <td>••••</td> <td>•••</td> <td>••</td> <td>•••</td> <td>••</td> <td>•</td> </tr> </table>					(Maximum)	(200F)	(160F)	(140F)	(120F)	(105F)	(65F-85F)		95C	70C	60C	50C	40C	30C	Symbol(s)	••••	•••	••	•••	••
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	95C	70C	60C	50C	40C	30C																			
Symbol(s)	••••	•••	••	•••	••	•																			
 Bleach	 Any Bleach When Needed		 Only Non-Chlorine Bleach When Needed																						
	Warning Symbols for Laundering  Do Not Wash  Do Not Bleach																								
 Dryclean	Dryclean - Normal Cycle  Any Solvent  Any Solvent Except Trichloroethylene  Petroleum Solvent Only			Dryclean - Additional Instructions  Do Not Dryclean  Short Cycle  Reduced Moisture  Low Heat  No Steam Finishing																					

4. Washer

Warning Symbols for Laundering



Do Not Wash



Do Not Bleach

- Order put in washer: 1st clothes, water, and then laundry soap.
- Sock pairs, underwear, and delicates should be washed in mesh/lingerie bags or a pillow case.
- New clothes should be washed separately.
- Dark clothes and jeans should be turned inside-out.
- Reduce pilling on Cotton, polyester, & nylon by turning inside-out. Bio detergents with cellulase will also reduce pilling.
- Zip up all zippers and unbutton buttons.
- Empty pockets especially pens, cell phones, and paper.
- Cold/cool settings are safest.
- Wash whites with baking soda, 1 cup per load.
- Delicate, silks, cashmere, rayon, and wool should be brought to a dry cleaner.
- Sweaters should be washed with Woolite.
- Permanent press to reduce wrinkles.
- If house has hard water, use a little extra detergent.
- Every three months, Run empty with hot water and blech to clean the machine.
- For your favorite scents, add a few drops of essential oils(lavender, peppermint, citrus, etc.).


Separate by Type and Wash Symbol	Wash
Whites	Normal Setting/Hot Water 120-140F/Bleach
Lights	Normal Setting/Warm Water 85-105F
Darks & Jeans(turn inside-out)	Permanent Press Setting/Warm Water 85-105F/Color Catcher
Delicates(put in mesh bags)	Delicate Setting/Cold Water 65-75F
Towels	Normal Setting/Hot Water 120-140F
New Clothes	Separately
Heavily Soiled Clothes	Pre-Soak Separately
Dry-clean only	Do Not Wash

Wash	Machine Wash Cycles				Hand Wash		
	Normal	Permanent Press	Delicate/Gentle				
Water Temperatures	(Maximum)	(200F)	(160F)	(140F)	(120F)	(105F)	(65F-85F)
	Symbol(s)	••••	•••	••	•••	••	•

Bleach	Any Bleach When Needed		Only Non-Chlorine Bleach When Needed	
		△	△	△


5. Dry

Separate by Type and Wash Symbol	Dry
Whites	Regular/Medium
Lights	Regular/Medium
Darks & Jeans(turn inside-out)	Regular/Medium
Delicates(put in mesh bags)	Air/Tumble
Dry-clean only	Do not Dry




Dry


Tumble Dry Cycles



Normal




Permanent Press




Delicate/Gentle


Line Dry / Hang to Dry




Drip Dry




Dry Flat




Tumble Heat Settings




Any Heat




High



Medium



Low



No Heat/Air

To avoid mildew, dry immediately after washing. Check if the stain removal worked; drying will set it forever. Low and medium settings are safest. Air/Tumble. Check the lint trap and clean the filter & vents annually. Add a clean towel for smallest loads.

Reduce Wrinkles

- Permanent press for wash & dryer.

Eliminate Wrinkles

- Take out of dryer immediately
- Already wrinkled? Highest dryer setting, add 3 ice cubes to small dry load, & dry for 10 minutes.

Fluffy towels, blankets, & pillows

- Add a new tennis balls & dry as normal

Stop Static Cling

- Add a tennis ball sized balls of aluminum foil & dry as normal
- Keep natural & synthetic cloth separate

Prevent Pilling

- Air/Tumble Dry, inside-out

Prevent Shrinking(cotton, silk, rayon, & wool)

- Air/Tumble Dry
- Hang dry on a drying rack or clothesline

Reverse shrinking

- Soak in warm water with baby shampoo or conditioner. Hand rinse. Let dry flat on towel.



Additional Instructions (in Symbols or Words)



Do Not Wring



Do Not Tumble Dry



In the shade
(added to line dry, drip dry, or dry flat)



No Steam
(added to iron)

6. Fold, Hang, & Iron

Hang delicates to hang dry.

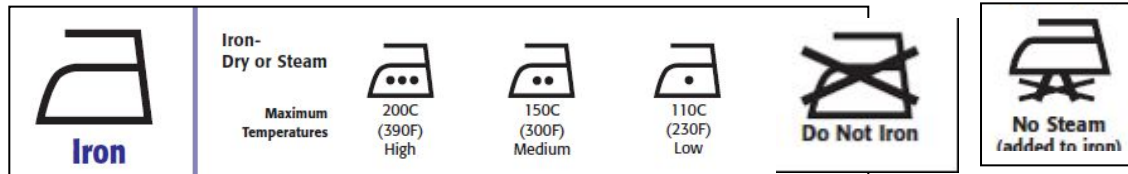
Stack shirts and fit in the hangers while in the stack.

Spray with water & fabric softener

Clean with a dryer sheet.

Lightly spray with water before ironing.

Iron collar, shoulders, back, front, & lastly arms.



7. Laundry Freshener as needed

- DIY Lavender Linen Spray – fill a squirt bottle with a mix of 10 parts water, 2 parts rubbing alcohol, and 1 part Lavender Oil. Use your other favorite essential oils.
- Febreze
- Downy Wrinkle Release Spray
- Vinegar, Lemon Juice, Vodka, or just hang in the sun

8. Healthy/Organic

- Bio-detergent like [Mrs. Meyers](#) or use <https://www.ewg.org/about-us>
- Avoid Dry cleaning – chemicals linked to cancer
- Vinegar is a natural fabric softener, add in wash.
- harmful ingredients in dryer sheets and liquid fabric softener alike include:
 - benzyl acetate (linked to pancreatic cancer),
 - benzyl alcohol (an upper respiratory tract irritant),
 - ethanol (linked to central nervous system disorders),
 - limonene (a known carcinogen)
 - chloroform (a neurotoxin and carcinogen)
 - [quaternary ammonium compounds](#) (QACS)
 - 1,4-dioxane with warnings that even short term inhalation potentially causes drowsiness and headache as well as eyes, nose, throat, lung and skin irritation
 - Ammonia
 - nonylphenol ethoxylate
 - other phenols and phosphates which could cause health problems when in contact with your skin.

9. Eco-Friendly

- Microfibers –tiny fibers from polyester, polyamide, and polypropylene including rayon, That wash out to rivers, lakes and seas. Then get stuck in water life.
 - <https://guppyfriend.com/en/>
 - <https://coraball.com/>
 - Lint LUV-R
- There's a free dryer outside and it's called the sun. or air /tumble dry.
- Wash with cold water. This uses less gas or electricity.
- Stains may be removed with vinegar in direct sunlight.
- <https://www.ewg.org/about-us>

Other Symbols

