

# How to Keep Your Laundry Germ-Free and Your Family Healthy



Doing laundry is something we all do, but have you ever thought about the hidden germs lurking in your clothes, towels, and bed sheets? From bacteria and viruses to mold and mildew, these tiny invaders can cause skin infections, allergies, and even stomach issues. But don't worry! With a few smart laundry habits, you can keep your family safe and fresh. Let's dive into how you can get rid of hidden germs and ensure your laundry is truly clean.

## Where Do These Germs Come From?

Germs in the laundry can come from various sources:

- **Undergarments and baby clothes** – Often carry bacteria like E. coli.
- **Gym clothes and towels** – Can harbor staph bacteria, leading to skin infections.
- **Food spills on clothes** – May contain salmonella, which can cause stomach problems.
- **Damp clothes** – A perfect breeding ground for mold and mildew.
- **Sick family members' clothes** – Can carry viruses like norovirus, which spreads stomach flu.

If not washed properly, these germs can stay in your clothes—even after a regular wash!

## Simple Ways to Kill Germs in Laundry:

### #1 - Wash Clothes at the Right Temperature:



A cold wash may save energy, but it's not always enough to kill germs. To truly disinfect, wash heavily soiled clothes (like towels and underwear) at 60°C (140°F) or higher. If you prefer washing at lower temperatures, use an antibacterial detergent.

### #2 - Choose the Right Detergent and Additives:



Not all detergents kill germs effectively. Try adding:

- **Antibacterial laundry detergent** – Designed to remove bacteria.
- **White vinegar** – A natural disinfectant that fights germs and odors.
- **Baking soda** – [Helps remove stains and neutralize smells](#).
- **Hydrogen peroxide** – A great alternative to bleach for disinfecting clothes.

Also Read: [10 Best Detergents for Washing and Cleaning Microfiber Towels](#)

### #3 - Sort Your Laundry Wisely:

Mixing all your clothes can spread germs from one item to another. Here's a smart way to separate them:

- [Wash baby clothes](#) separately.
- Keep gym clothes away from everyday wear.
- Don't mix underwear and socks with towels and bed linens.

### #4 - Dry Clothes Properly:



Wet clothes are a magnet for bacteria and mold. Make sure to:

- Use a dryer on high heat whenever possible.
- Hang clothes under direct sunlight to naturally kill germs.
- Never leave damp clothes sitting in the washer.

Also Read: [Why Do You Need Dry Cleaning For Designer Clothes?](#)

### **#5 - Clean Your Washing Machine Regularly:**

Yes, even your washing machine can get dirty! Bacteria, detergent buildup, and mold can grow inside it. To keep it clean:

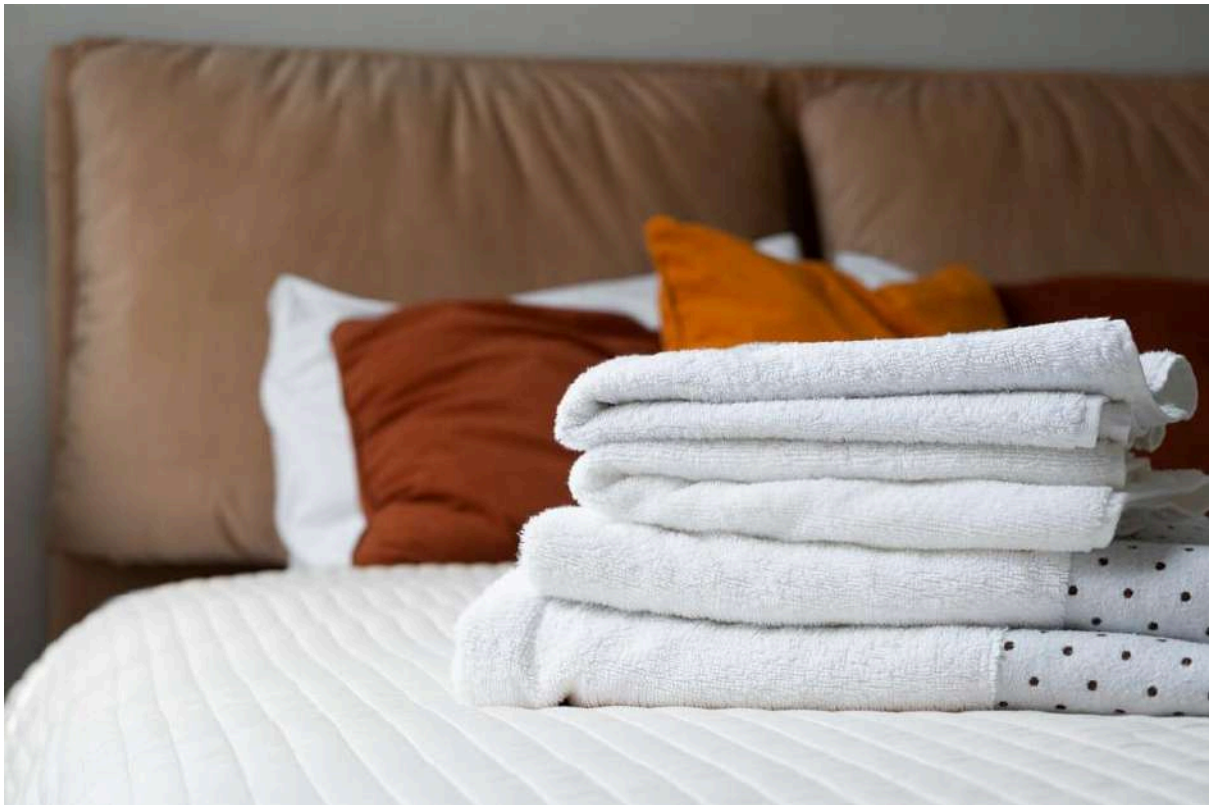
- Run an empty hot cycle with vinegar and baking soda once a month.
- Wipe the inside and detergent drawer with disinfectant wipes.
- Leave the machine door open after use to prevent moisture buildup.

### **#6 - Handle Laundry with Clean Hands:**



- Wash your hands after touching dirty laundry.
- Don't shake out dirty clothes, as this spreads germs into the air.
- If washing clothes for a sick family member, wear disposable gloves.

### **#7 - Wash Towels and Bed Sheets Frequently:**



Towels and bedding collect sweat, dead skin, and bacteria. Make sure to:

- Wash them at least once a week in hot water.
- Use a disinfecting laundry booster or bleach for extra germ-fighting power.
- Dry them completely before storing them.

Also Read: [Dry Cleaning V/S Laundry Service: Which Is Better?](#)

## #8 - Keep Baby Clothes and Toys Extra Clean:

Babies have sensitive skin and weaker immune systems. Use gentle, baby-safe detergents and wash their soft toys regularly in hot water.

### Extra Tips for a Germ-Free Laundry Routine:

- **Try a UV Sanitizer:** A [UV light sanitizer](#) can help kill bacteria on fabrics.
- **Iron Your Clothes:** The heat from ironing can eliminate lingering germs.
- **Change Clothes Daily:** Avoid re-wearing gym clothes or socks without washing them first.

### Conclusion:

Hidden germs in the laundry can be a real problem, but with the right habits, you can keep your family safe. [Washing clothes](#) at the right temperature, using disinfectants, and keeping your washing machine clean can make a big difference. By making small changes to your laundry routine, you'll ensure that your family's clothes are not just clean—but truly germ-free!

If you're looking for a hassle-free way to keep your laundry fresh and germ-free, we are here to help! With professional laundry cleaning services, high-temperature washes, and antibacterial treatments, [Hello Laundry](#) ensures your clothes, bedding, and towels are thoroughly sanitized.

**Original Source:**

<https://hellolaundry.co.uk/how-to-keep-your-laundry-germ-free-and-your-family-healthy/>