

Common College Stains & How to Clean Them

Dealing with a stubborn stain? Use this guide to help you get the tough ones out.



DRINKS

1. Sponge or soak stain in cool water for about 30 minutes.
2. Pretreat with stain remover.
3. Wash with laundry detergent. If safe for the fabric, add chlorine bleach



COFFEE/TEA

1. Sponge or soak stain in cool water.
2. Pretreat with stain remover.
3. Wash with laundry detergent and either oxygen bleach (a bleach that doesn't contain chlorine), or if safe for the fabric, chlorine bleach.



COSMETICS

1. Pretreat with stain remover or rub with bar soap.
2. Wash with laundry detergent.



GREASE/OIL

LIGHT

1. Pretreat with stain remover or liquid laundry detergent.
2. Wash with laundry detergent, using the hottest water that's safe for the fabric.

HEAVY

1. Place stain face down on clean paper towels. Apply stain remover or liquid laundry detergent to back of stain.
2. Replace paper towels under stain frequently.
3. Let dry and rinse, then wash with laundry detergent, using the hottest water that's safe for the fabric.



DEODORANTS

LIGHT

1. Pretreat with stain remover or liquid laundry detergent.
2. Wash with laundry detergent.

HEAVY

1. Pretreat with stain remover or liquid laundry detergent. Allow to sit for 5 to 10 minutes.
2. Wash with laundry detergent and either oxygen bleach (a bleach that doesn't contain chlorine), or if safe for the fabric, chlorine bleach.



INK

1. Sponge the area around the stain with rubbing alcohol, stain remover or liquid laundry detergent before applying it directly on the stain.
2. Place stain face down on clean paper towels. Apply more rubbing alcohol, stain remover or liquid laundry detergent to the back of the stain. Replace paper towels frequently.
3. Rinse thoroughly, then wash with laundry detergent.

TIP! Some pen inks may be impossible to remove, including ballpoint, felt tip and liquid.



PERSPIRATION

1. Use a stain remover or rub with bar soap.
2. Wash with laundry detergent.

TIP! If perspiration has changed the color of the fabric, apply ammonia to fresh stains or white vinegar to old stains, then rinse.

TIP! Stubborn stains may respond to washing in a product containing enzymes or oxygen bleach in the hottest water that's safe for the fabric.



BODILY FLUIDS

1. Pretreat or soak in a product containing enzymes.
2. Wash with laundry detergent and oxygen bleach (a bleach that doesn't contain chlorine).

TIP!

Make sure the stain is gone before you put your clothes in the dryer! The heat from the dryer can make the stain set in.

SAFETY 101

- ⊗ Don't mix cleaning products.
- ✓ Keep cleaning products in their original containers with labels intact.

- ✓ Read and follow label directions when cleaning and disinfecting.
- ✓ Open doors and windows to ensure adequate ventilation.

