# 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.

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

## 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.

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**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.

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