

FREE FRIDGE CARD

The first five minutes

Twelve moves, in order, for any stain.

1 Act fast The sooner you start, the less the stain bonds. 	2 Blot, don't rub Press a clean white cloth or paper towel on the stain to wick it up. 	3 Scrape and lift solids Remove globs before adding any liquid. Lift with the edge of a spoon. 
4 Flush from the back Turn the fabric inside out and run cold water through the back of the stain. 	5 Cold water first Start cold unless you know it's oil. Cold for blood, milk, poop, vomit, sweat, egg, grass. 	6 Test on a hidden spot Before any alcohol, peroxide, vinegar, bleach or solvent, dab a little on an inside seam or hem. 
7 Work outside in Treat from the edge of the stain towards the middle, so you don't spread it into a bigger ring. 	8 Paper towel underneath A folded paper towel under the stain soaks up what you push through, so the stain leaves the fabric instead of spreading. 	9 No dryer until it's gone Check every treated garment before it goes in the dryer. 
10 Check the care label The label tells you the hottest water, whether bleach is allowed, and whether it's dry-clean only. 	11 Soak, then wash Time is a treatment. Fill a tub or sink with cool to warm water. 	12 Check, then repeat Most stubborn stains come out in two or three gentle rounds, not one harsh one. 

1 inch
test square

Free card. Print at 100% (Actual size) on US Letter or A4. Print for your own household; no reselling or sharing the file. Questions: hello@caretaglab.com

Before you start: check the care label, test on a hidden seam, never mix cleaners. Laundry guidance, not medical advice.