

# Hälsa Baby Cleaning: Guidelines

Clean your Hälsa ankle band fabric and spot-clean its sensor every two weeks. This helps you avoid irritation to your little one's skin. Follow the steps in this article's cleaning guide to properly clean and dry your Hälsa Smart ankle band and spot-clean its sensor.

## Supplies You Need

- Gentle laundry detergent. (Use the same mild laundry detergent you use for Baby's clothes.)
- Clean and soft-bristled toothbrush.
- Clean, dry towel.
- Sink with a drain plug. (You can use a water basin or bowl, too.)
- Baby wipes (for the sensor)

What causes skin irritation?

The 2 main causes of skin irritation beneath the sensor include:

- A buildup of dirt, oils, and bacteria from not cleaning the sensor
- Using a soap that is drying, irritating, or too harsh for the Baby's sensitive skin.



**CAUTION!** Remove the Smart sensor from the Ankle band before cleaning (The smart sensor is not waterproof)

## 1. Cleaning Ankle band

Prepare your cleaning solution:

- I. Create a diluted, soapy solution of water and laundry detergent
  - a. Plug your sink and fill it with cool to lukewarm water. (A basin or bowl is also fine.)
  - b. Add a small amount of your laundry detergent to the water and mix the solution with your hands.



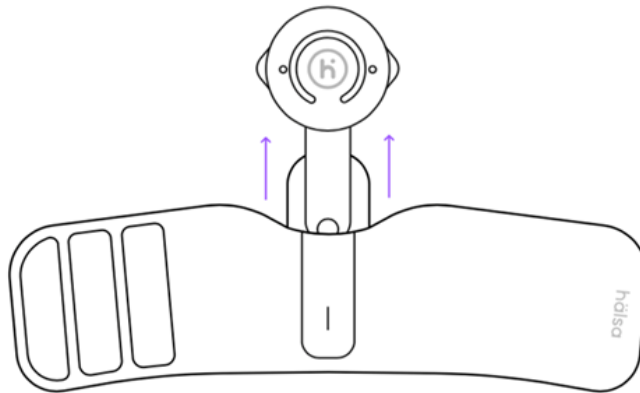
**CAUTION!** Do not wash in a washing machine. Do not use hot water.



CAUTION! Avoid using hand soap, antibacterial soap, or dish soap.

These can be too drying and irritating on Baby's skin over a long period of time. The most successful approach is creating a sudsy solution of water and familiar laundry detergent, which helps prevent soap from sticking to the ankle band.

- II. Separate the Smart sensor from the Ankle band.



- III. Submerge the Ankle band only in the soapy solution. Do not submerge the sensor.
- IV. Gently clean the fabric (Ankle band) with the soapy solution.
- V. Rinse off the fabric under running water until all soap is removed.
- VI. Spray 70 % alcohol (non-allergen) directly onto the ankle band and ensure that the fabric is thoroughly wetted, set it aside for 1 minute.
- VII. Rinse off the fabric under running water to remove alcohol residue.
- VIII. Blot the ankle band material dry with a clean towel.
- IX. Lay flat on a clean towel, or hang the fabric to dry completely.

## 2. Cleaning Smart sensor

- I. Rinse the toothbrush clean under running water, tapping to remove the excess.
- II. Scrub the sensor free of residue, again brushing in a gentle, circular motion.
- III. Pause to rinse the toothbrush frequently and completely as you remove the detergent solution, tapping out the excess water each time.
- IV. Repeat this "rinse" process as necessary until all dirt and oils are removed from the sensor. No detergent solution or residue should remain on the sensor.
- X. Wipe the sensor with 70% alcohol wipes (non-allergen).
- V. Dry the sensor: Gently press the sensor into a clean dry towel to remove initial moisture. Lay the sensor on the towel and air dry until completely dry.



CAUTION! The smart sensor is not waterproof. Please refrain from pouring or submerging in water.



CAUTION! Do not place a wet sensor on the charging station as sensor failure can result. Never use a wet or damp sensor on your child's foot. Avoid direct sunlight or heat to dry the sensor as warping can result.

## 3. Turning on the Smart sensor back on after cleaning

- Check to see if the ankle band and smart sensor are completely dry before resuming use.
- Place the smart sensor on the Halsä hub for charging.