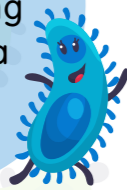


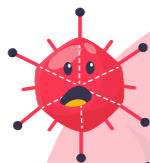
# 11 TIPS TO AVOID SPREADING GERMS IN YOUR SETTING



**1** Clean spillages using a product which combines detergent and disinfectant – this is essential for working against both bacteria and viruses.



**2** Encourage children and adults to cover their mouth and nose with a tissue when they cough or sneeze and wash hands after using or disposing of tissues.



**6** Remind staff of your health and safety policy at each team meeting.



**7** Wipe changing mats with soapy water or a baby wipe after each use and disinfect nappy changing areas at the end of every day.



**3** Clean children's skin with a disposable wipe. Flannels should not be used to clean bottoms.



**8** Your health and safety policy should include the exclusion of staff as well as children while they are infectious. They may return to work when they are no longer infectious, provided they feel well enough to do so.



**4** Label nappy creams and lotions with the child's name and do not share with others.



**9** When washing hands always use warm running water, mild soap and use disposable paper towels which can be thrown away in a foot-operated waste bin. Although paper towels are not suitable for recycling, they can be added to a compost pile.



**10** Sanitise toys and furniture daily.



**11** Put posters above sinks as a reminder of your hand washing routine.



**5** Effective handwashing should be carried out routinely by staff and children: on arrival, after handling food, using the toilet, changing a nappy etc.

**4**

**9**

**10**

**11**

## How to wash your hands



water and soap



palm to palm



between fingers



focus on thumbs



back of hands



focus on wrists