

# Cleaning - hygiene tips!



1.

Identify the risk areas in the kindergarten



The main areas of concern are the kitchen, bathroom/baby changing room, door handles and potties.

2.

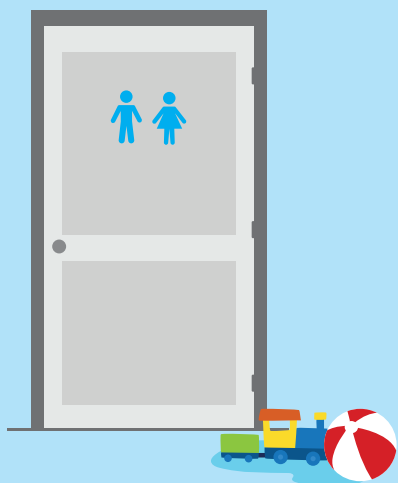
Clean toys



Toys in a kindergarten are a contagious risk - clean them regularly in a washing machine or dishwasher.

3.

Storing toys



Toys should not be stored in the changing room or bathroom. Toy storage outside.

4.

Airing



Air 2-3 times daily for around 5 minutes (especially playroom and rest room). But think about children's safety.

5.

Careful cleaning of "high-touch surfaces"



Focus on cleaning surfaces that many individuals can reach and touch with their hands, such as door handles, lamp switches, tables and chairs.

6.

Regular cleaning



Clean the toilet and sink frequently. A lot of dirt can hide on the floor as well - regular cleaning is important.

# Hello Parents!

## Five hygiene tips for a healthier kindergarten



1.

### In case of illness



Stay at home with your child if they are sick. Remember that the child must be healthy and able to participate in all activities in the kindergarten.

2.

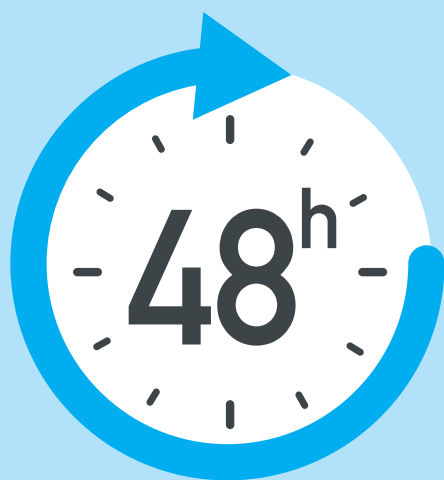
### Hand hygiene



Help your child wash their hands before you come to kindergarten or right after you arrive.

3.

### In case of stomach flu



Stay at home for at least 48 hours after the last case of vomiting and/or diarrhea.

4.

### Teach the children



If children learn to cough and sneeze into the fold of their arm instead of straight into their hands, we can avoid the spread of colds and other infections.

5.

### Blowing their nose



Have them blow their nose with a disposable tissue and then throw it away, wash hands after.

6.

### Good habits



Help your child wash their hands when you get home from kindergarten.

# Toilet/diaper change - hygiene tips!



1.

## Hand hygiene



Help the child wash their hands with soap and water after using the toilet or a diaper change. Dry your hands with a paper towel afterwards.

2.

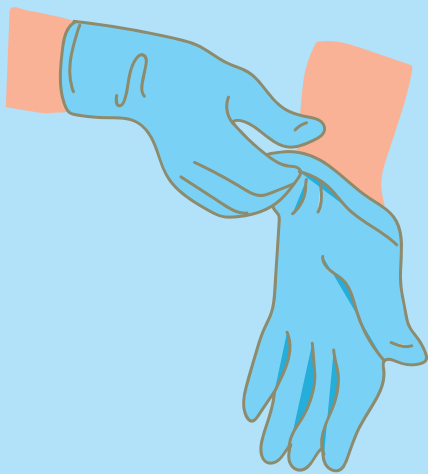
## Cleaning the changing table



Be sure to clean the changing table after each diaper change.

3.

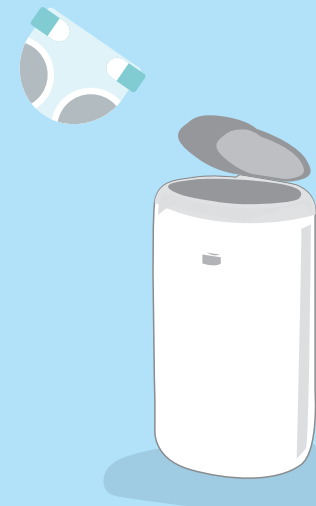
## Use of gloves



If you wear gloves - did you know that they are not completely watertight? Always wash your hands after wearing gloves.

4.

## Handling diapers



Dispose of diapers in a bucket with lid.

5.

## After using the toilet/diaper change



Finish by washing your hands. Use hand sanitizer after changing diapers.

6.

## Did you know that?



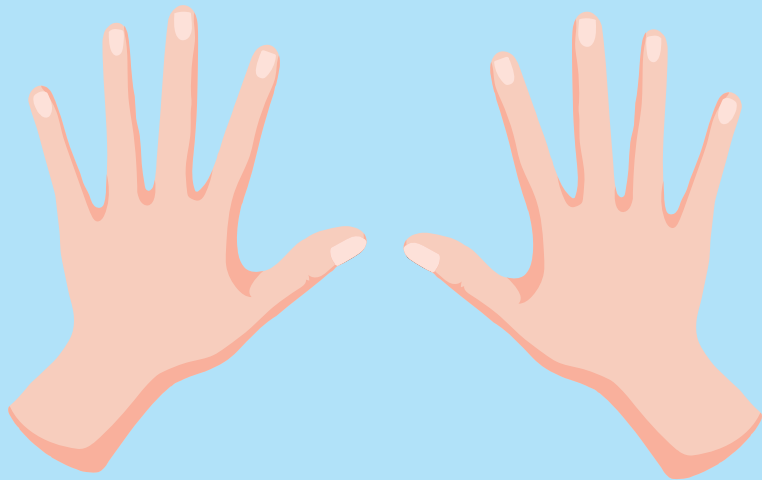
Even when children have learned how to wash their hands, the youngest always need help from an adult. Older children are able to clean and dry their hands, but need an adult for support and to remind them.

# Kitchen - hygiene tips!



1.

## Preparation



Use a clean apron, remove rings and keep your nails short and unpainted.

2.

## Hand hygiene



Wash and dry your hands before cooking (also applies to snack/fruit time).

3.

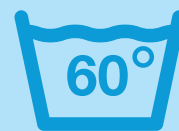
## Handling food



Sick children and adults should not handle food if they have symptoms such as diarrhea, vomiting, sore throat or skin infections.

4.

## Dishcloths



Dishcloths should be changed every day and washed at 60 degrees.

5.

## Food handling procedures



Develop procedures for food handling. How long does the food remain at room temperature?

6.

## Refrigerator



Don't forget to clean the refrigerator and keep track of the use-by date and when the package has been opened.

# Infection outbreak Checklist



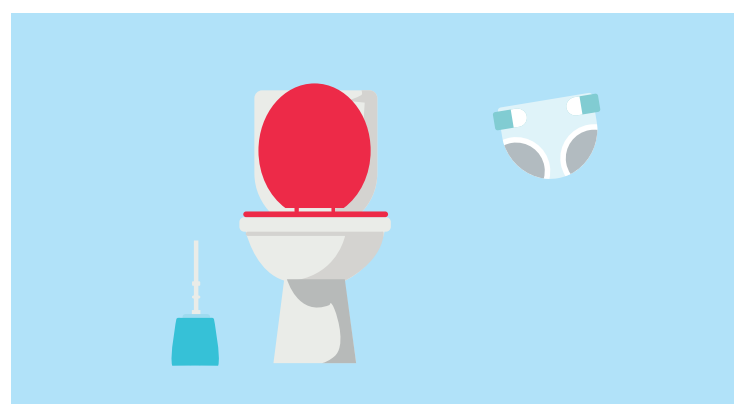
**First aid bucket**



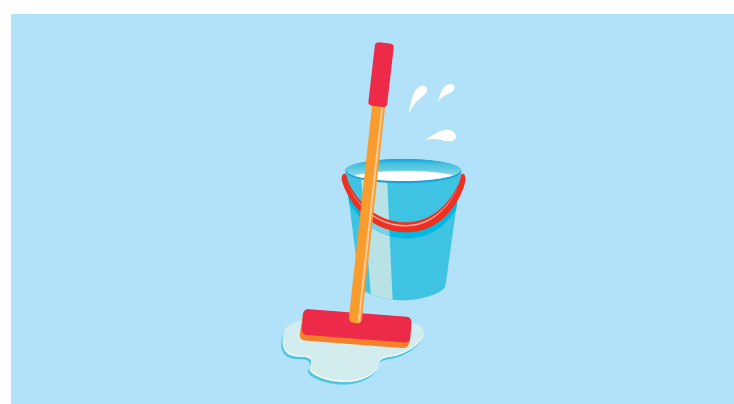
**Procedures for  
handling food  
in the event of  
an outbreak**



**Procedures for  
changing diapers/  
toilet visits in the  
event of an outbreak**



**Procedures for  
cleaning in the event  
of an outbreak**



**Name of educator responsible for hygiene**

