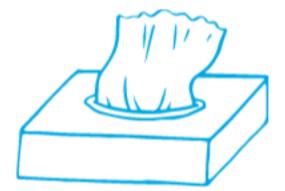
## Tips for good hygiene at playgroup



"Catch" sneezes/coughs in a tissue or inner elbow

Throw away used tissues & soiled clothes or nappies

Wash toys regularly with warm, soapy water

Wash your hands thoroughly for 20 seconds



Provide clean tea towels, hand towels & sponges Regularly clean & disinfect all kitchen, toilet & bathroom areas

Don't share food

Limit the amount of toys available