

# 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