**GENERAL HYGIENE**

* Always wash your hands with soap and water before:
* Preparing food
* Eating *(children’s hands also)*
* Changing nappies
* Before (if possible) and after rendering first aid.
* Regularly clean floors, toilet areas, toys, equipment and bedding.
* Clean up spilt blood and any body fluid using disposable gloves and a papers towel, then detergent and water and disinfectant as appropriate. Dispose of paper towel by placing in double plastic bags for disposal *(see first aid procedure for further information)*