

# You can help break the chain of infection



**Everyone has a role in stopping disease. If you follow these key infection control practices, you can stop the spread of germs and infection in early childhood education and care services.**

## Protect yourself and others



Get immunised, and make sure other staff and children are immunised



Sneeze or cough into your elbow or into a tissue, and teach children to do the same



Clean hands often, and especially

- before and after preparing food or eating
- after changing a nappy
- after going to the toilet
- after touching animals



Stay at home when you are sick, and send other staff and children home if they are sick



Keep wounds covered

## Keep the environment clean



Immediately throw used tissues, nappies and wipes in the bin



Frequently clean bathrooms, kitchens and surfaces that are touched often



Clean the nappy change surface after every nappy change



Regularly wash soft materials on a hot setting, and dry completely



Immediately clean and disinfect areas that have been touched by body fluids



Keep food at the right temperature



Keep indoor areas well ventilated

