CAUTION !

Appearances can be deceiving !

A home hygiene study found that in some cases, visibly clean surfaces were found to be heavily contaminated.

HOW should surface cleaning be done?

Where possible, use detergent-based cleaner, followed by thorough rinsing with clean water and drying. ✓

When thoroughly rinsing is not possible, or if the surface carries a particularly high risk of being contaminated, disinfectants should also be used. ✓

Always use disposable cloths, or reusable cloths, which have been decontaminated and dried after their previous use. ✓

HIGH RISK AREAS

Clean these items regularly:

Cleaning cloths • Chopping boards and utensils • **Toilet seat and flush handle** • Taps •**Kitchen work tops** • Door and fridge handles • **Light switches** • Telephone hand piece • **Sink, bath and shower** • Rubbish bin lid• **Water storage containers and filters**

Food, Cooking & Storage

The vast majority of food-borne illnesses occur because food is not handled or cooked properly.

Foods are safely cooked when they are heated for long enough and at a high enough temperature to kill any harmful micro-organisms.

If food isn't cooked properly micro-organisms such as Salmonella, *E. coli* and Listeria may cause food poisoning.

Foods stored incorrectly can also increase the risk of contamination and spread disease.
Ideally, all food, particularly cooked food, should be stored in a refrigerator

How food-borne illnesses are spread.

Micro-organisms can be spread from raw meat and vegetables directly on to chopping boards, utensils, worktops, and other foods. They can then spread to other surfaces around the home via your hands.

Once one person is infected with food-borne micro-organisms, it's highly likely that they will pass this on to others in your home .

KEEPING A HEALTHY HOME

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A handy guide for parents to maintain hygiene standards in the home.

Why is hygiene important?

We tend not to consider our homes as a source of infection but in fact a wide variety of micro-organisms exist in the home.

While not all will necessarily lead to disease, there can be no doubt that practicing simple, effective hygiene measures can help to prevent the unnecessary spread of infection in the home.

Prevention is better than cure !

Handwashing

Why is hand washing important?

Hands are the most common cause of contamination.

When should you wash your hands?

Before...
Eating or before feeding children.
Applying contact lenses.
Giving any medication or first aid.

After...
Using the toilet or changing a child's nappy.
Handling pets and domestic animals.
Contact with blood or body fluids.
Coughing, sneezing, or blowing and scratching the nose.
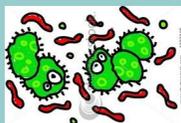Contact with a potentially contaminated area.

Before and after...
Handling raw food.
Tending to someone who is sick.

And whenever...
Hands appear dirty.

Did you know?

Your kitchen cleaning cloth, tea towel and bath towel can contain millions of bacteria!

Hand washing

How should you wash your hands?

1. Wet hands and apply soap. Rub palms together until soap is bubbly.

2. Rub each palm over the back of the other hand.

3. Rub between your fingers on each hand.

4. Rub backs of fingers interlocked).

5. Rub around each of your thumbs.

6. Rub both palms with finger tips then rinse and dry your hands.

Keeping surfaces clean

Why is it important to keep surfaces clean?

Bacteria can survive on surfaces in the home for long periods of time. They can then be transferred to other surfaces (including the hands) in sufficient numbers to be an infection risk.

Clean or disinfect surfaces to reduce the risk of cross contamination

When should surface cleaning be done?

Immediately...
When someone in the household is ill with vomiting.
If a surface is contaminated by vomit, faeces, blood or any bodily fluid.
Before and after preparing food.
Whenever the surface is dirty.

Frequently...
If someone in the household is ill with diarrhoea.

And regularly...
When someone in the household is ill with colds and sneezes.