



Mission
for health

A good start

Help to keep your toddler
healthy through good hygiene



Working together to promote
good hygiene in nurseries



www.ndna.org.uk

Protect your child from infection

Healthy hygiene

With 80 years' expertise in hygiene and a shared interest in protecting infants from infection, Dettol, together with the National Day Nurseries Association (NDNA), has developed this leaflet to show how practising good hygiene around the home can help protect your toddler from infection.

Germs and natural immunity

'Germs' is the term used to describe tiny organisms like bacteria, viruses and fungi that are found all around us. Some germs are harmful and can make us ill, causing infections like colds, flu and tummy upsets. However, not all germs are bad; exposure to some germs can help strengthen our immune system (our body's natural defences) and actually help to stop us from getting ill. The important point is that we need to focus our attention on the areas and times when there is the greatest risk of picking up harmful germs, rather than stopping our exposure to all germs everywhere. Understanding how infections spread and where the germ hotspots are is an important part of this strategy.

The 'helping your child to stay healthy through good hand washing' leaflet is available to download from www.ndna.org.uk/parents-factsheets which includes practical advice and tips for parents to help children wash their hands properly.

How infections spread

We can pick up infections in several ways:

- Breathing – when an infected person talks, sneezes or coughs, they transfer germs into the air which can land on surfaces or be breathed in directly by others.
- Touch – germs left on contaminated surfaces, such as toilet flushes, taps, door handles, toys and kitchen work surfaces, can be picked-up and transferred into our body when we touch our eyes, nose, mouth or a cut, or when a toddler puts a toy in their mouth.
- Eating – stomach bugs usually arise by eating food that is contaminated with germs or not cooked properly.

Breaking the chain of infection

By following some simple steps, you and your child can help prevent the spread of infection in your family:

- regular hand washing
- keeping germ hotspots clean
- cooking food properly.

Hand hygiene

Washing hands thoroughly and regularly with soap and water is an easy way to stop germs spreading. Hands should be washed:

- before and after preparing food
- before eating
- after going to the toilet, using a potty or changing a nappy
- after cleaning or touching something dirty
- after touching pets and animals
- whenever they look dirty.

Remember children learn by example, so wash your hands properly at the right times.

Keeping it clean – germ hotspots

Clean and disinfect areas where germs are found, or that people frequently touch. Hotspots include:

- kitchen work tops, chopping boards, fridges and bins
- cloths and sponges
- toilet flushes, taps and other handles
- potties
- areas used by pets
- children's toys.

Areas prone to damp like baths and showers should be kept well ventilated.

Food

Ensure your kitchen is clean and that all food is cooked thoroughly and evenly. Thoroughly defrost food before cooking (unless the instructions state otherwise). Only reheat food once and check food is steaming hot all the way through. Store food at the correct temperature and follow any manufacturers' and use-by instructions.

Other areas to consider

Potty/toilet hygiene

Place your child's potty on an easy-to-clean hard surface. Flush contents down the toilet, not the sink. Clean and disinfect after use. Teach your child what parts of the potty/toilet they can touch and that they should wash their hands after use.



Toy hygiene

Check toys to make sure they are clean and undamaged; clean or discard as appropriate. Store toys in a clean, dry, container or cupboard and encourage your toddler to help put their toys away after use. Disinfect toys that are frequently put in their mouth, and remember to rinse toys thoroughly with clean, running water before re-use.

Pets and other animals

Some basic rules apply:

- Wash hands after touching pets.
- Avoid 'kissing' pets or allowing pets to lick your child's face.
- Keep pets out of food preparation and eating areas; if your pet does get into these areas, clean and disinfect any surfaces before use.
- Clean pet food bowls and utensils regularly and discourage children from touching or playing with them.

For farm visits, wash hands after touching any animal or animal areas. Make sure your child does not put their face close to any animals and does not eat or drink whilst walking around the farm. Avoid taking children's comforters e.g. dummies.

Protecting your child

Minor cuts and wounds

Treat minor wounds as soon as possible. Wash with clean water, apply an antiseptic and cover with a sterile dressing or plaster. Wash your hands before and after giving the treatment. If the wound is large, contact a medical professional for advice.

Vaccination

Vaccination is an important way of preventing children from getting certain infectious diseases. Once your child has been vaccinated, their body will be able to fight off that disease much more effectively. Make sure your child's vaccinations are up to date, that they have had the necessary pre-school boosters, and that their red book is updated accordingly. Check the requirements with your nurse or doctor.



Exclusion periods for infectious conditions

When a child has an infectious illness, you should keep them away from nursery to prevent passing on the infection to others. Below is a table showing the standard exclusion periods in the UK.

Disease	Exclusion period
Chickenpox	For 5 days after the rash appears
Colds	None
Conjunctivitis	None
Diarrhoea and vomiting	Until 48 hours after the last episode of diarrhoea or vomiting (exclusion from swimming for 2 weeks may be necessary)
Flu	Until recovered
Head lice	None
Measles	For 4 days after the rash appears
Meningitis (bacterial)	Until recovered
Meningitis (viral)	None
Threadworms	None

For illnesses that require medication or other treatment to be given at nursery, please speak to your nursery manager or refer to the nursery's policy for more information.

Join our Mission for Health

Dettol believes that everyone everywhere has the right to good health. That's why we're inviting you to become part of our Mission for Health by practising good hygiene. Let's do more for health together.

For healthy tips and more, visit our Mission for Health website at www.dettol.co.uk/missionforhealth



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