

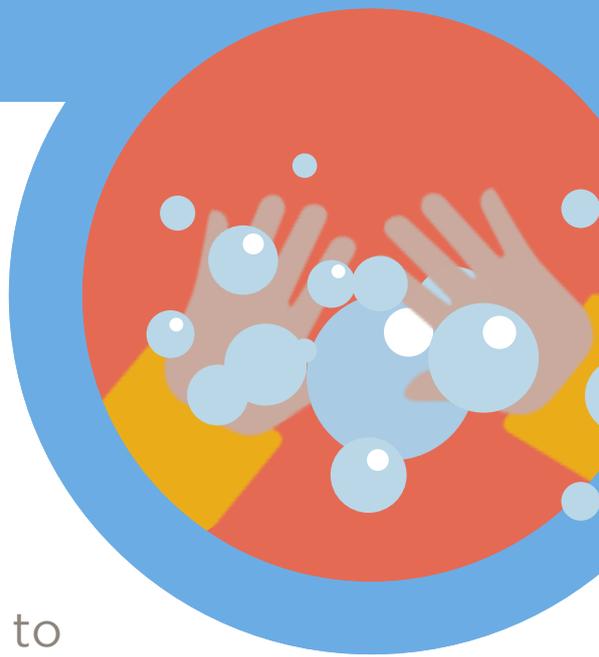


# Staying Healthy and Safe at Playgroup

This fact sheet looks at maintaining good hygiene at playgroup

## GOOD HYGIENE AND PLAY

We all know children love to explore the world around them using their hands and mouths. As you return to playgroup it's important to encourage hygiene to support infection control. If you haven't already, now is the time to define your playgroup policies and procedures around hygiene, cleanliness and keeping those nasty colds away. This might include handwashing routines and ensuring families know to stay home when anyone at home is unwell.



## Handy tips and routines

We suggest having hand sanitiser placed strategically around the venue, and easily accessible hand washing facilities, soap and disposable hand towels or a hand-dryer, to make this as easy as possible.

Ensure your playgroup has signage about good handwashing in, or close to, the bathroom to reinforce the messaging. We have developed some handy signs to help you.

**THIS IS THE WAY I WASH MY HANDS, WASH MY HANDS, WASH MY HANDS**



# Supporting your Playgroup Community

## What you can do

The playgroup environment is the perfect environment to reinforce good hygiene. Together, through play, songs and routines, you can strengthen hygiene practices and awareness. So while much of this is common sense, and exactly what you are already doing everyday, making it part of your routine will help support everyone stay happy and healthy.



### Wash your hands

We may have heard it a million times, but you can't over wash your hands. Encourage families attending playgroup to wash or sanitise their hands several times during a typical session.

#### This could include

- when arriving and leaving
- between activities
- before and after preparing food and eating
- when hands are dirty
- after the toilet
- after wiping or blowing noses
- any contact with a wound or cut, blood or vomit.

### Play Tip

Find ways to make hand washing fun by singing a song, making shapes in soap bubbles or doing it with friends.



### Play it safe

Avoid activities that use shared tools like paint brushes or cookie cutters. Consider giving each child their own paper or crafts, squeeze a little paint on the paper for finger painting, or a playdough ball for each child that can be disposed of after each session.



### Don't share food

If you normally offer a shared morning tea, ask families to bring their own food, water bottles, tea or coffee from home. They might like to bring their own blanket and favourite toy for a picnic lunch. Use single-use disposable utensils where necessary.



### Stay home if sick

Make it clear to everyone if they or someone in their family are unwell or have a temperature, they need to stay home. If someone at playgroup is suspected to be sick, take them aside quietly. Invite them to enjoy our playgroup at home activities instead.

## Still have questions?

Find other Healthy and Safe at Playgroup factsheets, posters and templates at [www.playgroupaustralia.com.au/covid-19-community-playgroups](http://www.playgroupaustralia.com.au/covid-19-community-playgroups). If you need help or further advice, contact your state or territory playgroup organisation, or refer to your local health department.