

Wash your hands

in warm water with soap or use antibacterial hand wash, rinse with clean water

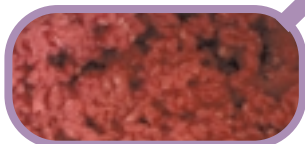
and beat the bugs



After going to the toilet



Before preparing cooking or eating



After touching raw food



After touching pets



After sneezing or coughing



After emptying bins

Sandra's kitchen



Cleaning

It's important to get rid of grease, oil, dirt and bacteria in the kitchen. Bacteria are sometimes called germs or bugs. You can't see bugs but they are there and they can make you ill.

This is how Sandra keeps her kitchen clean and beats the bugs.



Fit to Eat

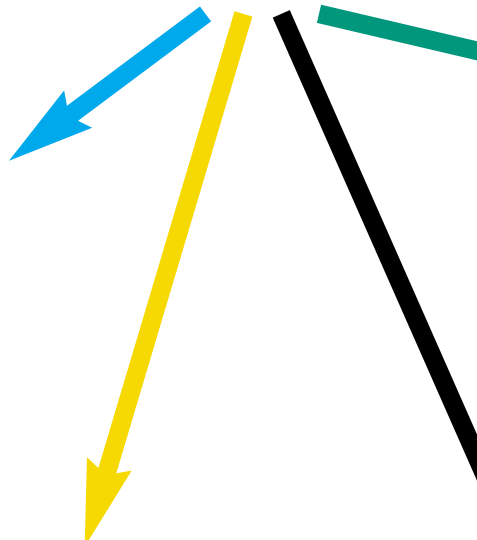
Cleaning

Clean as you go



Use the blue cloth to wipe surfaces

Use the blue cloth to clean microwaves, toasters, kettles and the hob once a week. Unplug first. If you have any spills clean them up straight away. Remember, clean as you go.



Use the yellow cloth to wipe bins and floor spills



Use the pink cloth to clean pet dishes



Use the green sponge to wash up

Let cutlery, plates etc air dry.

Wipe sink and washing up bowl with the green sponge every time you wash up.



Clean floors once a week

Change tea towels and cloths every day and wash in the washing machine.



Antibacterial spray

Can kill germs, good for surfaces.



Detergents

Good for breaking down grease, oil and dirt.



Disinfectant

Powerful germ killer, best for floors.

