Healthy Hints
The importance of good hygiene

Good hygiene can help keep your newborn healthy by helping to reduce the risk of infection while their immunity is still developing.

✓ Wash your hands thoroughly using liquid soap and water, and rinse well before drying with a clean, dry towel.
✓ Use a hand sanitiser when soap and clean water are not available.
✓ Frequently clean and disinfect surfaces that are often touched, such as handles and taps.
✓ Wash your hands and clean and disinfect surfaces after they have touched raw food, such as uncooked meat including poultry, fish and eggs.
✓ Disinfect any food preparation and eating surfaces that your pets may have come into contact with.
✓ Use disposable cleaning cloths or disinfect reusable cleaning cloths regularly.
✓ Empty, clean and disinfect your nappy bin/bucket regularly.

Top tips
to keep your baby healthy

- Wash your hands regularly, especially before preparing food or feeding your baby.
- Clean and disinfect the changing mat after every nappy change and wash your hands afterwards.
- Keep surfaces and baby equipment as clean and dry as possible.
- Clean and sterilise any feeding equipment and other items that go into your baby’s mouth.
- Wash baby clothes and cot linen on at least 60°C to help destroy any germs.
- Launder washable nappies in a separate load on a hot wash or use a laundry disinfectant.
- Keep your baby away from nursery for at least 48 hours after any sickness or diarrhoea.

Developed in partnership with Reckitt Benckiser, makers of Dettol

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