

Personal Hygiene

You have a whole week at Blaze, you want to stay healthy and have an awesometime.

To make sure this happens you need to follow some basic hygiene rules.

Good hygiene habits = healthy and happy Blazers

Hygiene habits to follow:

1. Wash your body often. We know at Blaze this can be a challenge. Plan to have a quick shower and always collect your grey water. If you cannot use water then use wet wipes to clean daily.
2. Clean your teeth at least once a day.
3. Wash your hands with soap after going to the toilet, or use hand sanitiser.
4. Wash hands with soap before preparing and/or eating food.
5. Keep your food prep area clean. Wipe down cutlery/plates etc after using.
6. Change into clean clothes.
7. Turn away from other people and cover the nose and mouth with a tissue or flexed arm when coughing or sneezing.

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

