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# Hygiene: Quick Facts

* Cleanliness and good hygiene standards in an early years provision are important to help prevent infection and the spread of disease.
* Improving personal hygiene by regular, effective hand-washing and drying, when done correctly, is the single most effective way to prevent the spread of communicable diseases.
* All early years providers should have an effective cleaning regime in place with a set policy, set schedules of cleaning, set standards and a method of recording activity.
* Early years managers and staff should always ensure that toys and equipment are inspected and cleaned regularly.
* Spilled bodily fluids should be cleaned up as quickly as possible.
* In early years provisions, as well as the problems raised by general, domestic waste, human hygiene waste may also be produced, including used nappies and their contents.
* High standards of hygiene in relation to food preparation areas are critical if the risk of food poisoning is to be avoided.