

Staying Well: Germs and Hygiene

This document is about staying well. It is about stopping germs. It is written in Easy Read.



We keep our clinic clean

We clean our clinic often.

We clean tables, toys and things we share.

This helps stop germs spreading.



We wash our hands

Our staff wash their hands often.

We wash before and after we work with you.

We use soap and water or hand gel.



You can wash your hands too

You can wash your hands when you arrive.

You can use hand gel.

We have gel you can use.



If you feel unwell

If you feel sick, please tell us.

You might have a cough, a cold or a temperature.

It may be best to stay home and rest.

We can often see you another way, like by video call.



Covering coughs and sneezes

Please cover your cough or sneeze.

Use a tissue if you can.

Put the tissue in the bin.

Then clean your hands.



Masks and gloves

Sometimes staff wear a mask or gloves.

This keeps you and us safe.

We can explain why if you want.



Who can I talk to?

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