



Health and Hygiene Policy

Our Nursery promotes a healthy lifestyle and a high standard of hygiene in its day to day work with children and adults. This is achieved in the following ways:

Healthy Food

- All snacks provided will be nutritious and pay due attention to children's particular dietary requirements.
- When cooking with children as an activity, the adults will provide healthy wholesome food, promoting and extending the children's understanding of a healthy diet.

Illness

- Parents are asked to keep their children at home if they have any infection, and to inform the Nursery as to the nature of the infection. This will allow the nursery to alert other parents as necessary and to make careful observations of any child who seems unwell.
- Parents are asked not to bring into the nursery any child who has been vomiting, had diarrhoea or an infectious illness until at least 48 hours has elapsed since the last attack.
- In the event of a child suffering from a notifiable disease as identified in the public health (infectious diseases) regulation 1988, we will inform Ofsted and the Local Health Protection Team **0344 225 3861** option 1 to 4 (South East area) + option 1 and follow any advice given.
- Any injury sustained by a child away from nursery will be noted on an incident/injury occurring outside of nursery form when they first attend nursery with the injury and must be signed by the parent/carer when the child arrives for the session.
- Cuts or open sores, whether on adults or children, will be covered with a dressing.
- If a child is on prescribed medication the following procedures will be followed:
- Children on antibiotics will not return to the nursery for the first 48 hours, in case of an allergic reaction to the antibiotics

- Children who have been administered Calpol or paracetamol at home should not attend the nursery, as it could mask the start of an illness. The child can return to the nursery after 12 hours from taking the medication if they have no further symptoms.
- If possible, the child's parents/carer will administer medicine before attending Nursery
- Written information will be obtained from the parent, giving clear instructions about the dosage, administration of the medication and written parental permission gained for a member of staff to follow the instructions.
- All medication for a child will be handed back to the parents of the child on a daily basis.
- The only medication to be stored on the premises will be an inhaler or epipen which will have the children name and dosage required. This will be stored in a lockable cupboard.
- With regard to the administration of life saving medication such as insulin/adrenalin injections or the use of nebulisers, the child's parent/carer will provide written agreement for staff to carry out the procedure. If specialist knowledge is required, staff involved in administering medication will receive training from a qualified health professional.
- Should a child become seriously ill and require emergency medical treatment a senior member of staff will escort the child to hospital if this is deemed necessary and we are unable to contact the parent/carer.
- Parents are required to sign a consent form for emergency medical treatment prior to the child attending the nursery.
- The Nursery will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept sealed in their packages until needed.
- We provide training for all nursery staff to be qualified in Paediatric First Aid.
- Staff members are required to contact the manager **Claire Pullen** should they be unable to work due to illness and once again should they be suffering from a notifiable disease then the nursery will follow the guidance of the HPA
- All staff must inform the manager of any medication they are taking which may have an effect on their ability to perform their job and could therefore pose a risk to the safety of the children.
- Parents will have the opportunity to discuss health issues with nursery staff and will have access to information available to the nursery.
- The Nursery will maintain links with health visitors and gather health information and advice from the local health authority information services and/or other health agencies.

Coronavirus:

The symptoms of COVID-19 - a new and persistent cough, high temperature (above 37.8°C), a loss or changed sense of smell or taste (anosmia). Or flu-like symptoms, such as a runny nose or sore throat. If a member of staff or child develops the symptoms of COVID-19

- The staff member must vacate the nursery premises
- The child's parent/carer will be telephoned and they must collect the child asap and the child moved away from other children whilst waiting for collection
- Toilet areas should be disinfected after use by the child or staff member exhibiting symptoms of COVID-19
- Protective face mask and gloves must be worn by the member of staff assisting the child with symptoms and if possible the child should wear a face mask
- Staff and children should complete a LFT (Lateral Flow Test) if they feel unwell or have been in contact with someone who has tested positive and report their result to the nursery manager / deputy manager.
- If the LFT test is negative they can return to the nursery. If the LFT is positive the staff member/child should self-isolate for 10 days, which is reduced to 6 days if a LFT on days 5 and 6 are negative.
- Positive LFT should be reported online at [gov.uk](https://www.gov.uk) Although, a PCR test may be required for people eligible for the £500 Test and Trace Support Payment. After reporting a positive LFT / PCR you will be contacted by Track and Trace so that contacts can be traced and you should follow their guidance.
- Closures should be reported to Ofsted, DfE, earlyyears@surreycc.gov.uk
- If a child or member of staff tests positive the nursery manager or deputy can contact the DfE COVID-19 helpline for educational settings 0800 046 8687 and select option 1 for advice on the action to take. The helpline is open 8am to 6pm Monday to Friday and 10am to 6pm Saturday to Sunday or email surreycovidtesting@surreycc.gov.uk
- Local Health Protection Team 0344 225 3861 will be informed if 10% of children or staff have a positive COVID-19 test or there is media interest
- If they are seriously ill call 999 or NHS 111 (<https://111.nhs.uk/covid-19/>)
- A staff member helping someone with symptoms of COVID-19 does not need to go home, but must wash their hands thoroughly for 20 seconds and clean the area with disinfectant.

Hygiene:

To prevent the spread of infection, adults in the group will ensure that the following good practices are observed by adults and children present at each session as appropriate.

Personal hygiene

- Hands washed with soap and water for 20 seconds after using the toilet and before handling food.
- Children with pierced ears are not allowed to share each other's earrings. Only stud earrings should be worn.
- Children are encouraged to blow and wipe their own noses when necessary and to dispose of soiled tissues hygienically. Children are encouraged to catch their cough in their elbow.
- Hygiene rules related to bodily fluids are followed with particular care. All staff and volunteers are made aware of how infections, including HIV infection, can be transmitted. Latex gloves are always available for adults to wear.

Cleaning and clearing

- Any spills of blood, vomit or excrement will be disposed of hygienically. Latex gloves are always used when cleaning up spills of bodily fluids. Floors and other affected surfaces disinfected according to the manufacturer's instructions. Fabrics contaminated with body fluids will be sealed in a bag.
- Spare laundered children's underwear and other clothing are available in case of accidents, and polythene bags available, in which to wrap soiled garments. Bags stored away from children.
- All surfaces cleaned daily with an anti-bacterial cleaner.
- Different cleaning cloths are used for the kitchen and toilet areas.

Food

- The Nursery will observe current legislation regarding food hygiene, registration and training.
- Staff will not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Staff will never cough or sneeze over food.
- All utensils and equipment relating to food preparation will be cleaned in a separate sink.