

## Health, Illness and Hygiene Policy and Practice

### All parents must adhere to the 48 Hour Sickness, Fever or Diarrhoea Policy

This is in accordance with the current guidance from the UK Health Security Agency. The incubation period for viral gastroenteritis is between 24- 48 hours. A person is infectious during the acute stage of the illness and up to 48 hours after the diarrhoea and or vomiting has stopped. Therefore, infected person should stay away from school until 48 hours after the diarrhoea and or vomiting has stopped.

### Policy statement

Discoveries Montessori Nursery School promotes a healthy lifestyle and high standard of hygiene. We aim to provide care for healthy children through preventing cross infection of viruses and bacterial infections and promote health through identifying allergies and preventing contact with the allergenic trigger.

### Health

#### Food

- All snacks provided will be varied and will pay attention to the children's dietary requirements.
- Fresh fruit and vegetables will be available each day.
- When cooking with children as an activity, the staff will provide healthy, wholesome food that promotes and extends the children's understanding of a healthy and balanced diet.

#### Outdoor Play

- Weather permitting, the children will have access to the outdoor environment and will have the opportunity to explore the outside world.
- As well as Discoveries own garden, the children also have the opportunity to explore the playing fields.

### Illness

- A list of public health exclusions and current exclusion times for individual types of infection is available on this [UK Health Security Agency web page](#)
- It is the parent's/carers responsibility to inform the school immediately a child develops a medical problem that could cause an infection such as, German measles, skin contamination or a head/hair abnormality.

- Parents/carers are required to discontinue their child's attendance until the child is free of both symptoms and cause.
- By alerting the nursery immediately it allows the staff to advise other parents/carers and to make careful observations of any child who feels unwell.
- Parents/carers are asked not to bring any child to nursery who has had a fever, vomiting or diarrhoea until at least **48 hours** has passed since the last attack or, the child's temperature has returned to normal.
- In the event of a child becoming ill during the school day then the parents/ carers will be notified promptly so that collection of the child may be arranged. Parents/carers are requested to keep the school updated with all emergency telephone numbers.
- Cuts or open sores, whether on adults or children, will be covered with an adhesive dressing or an alternative dressing.
- In the event of a child being on prescribed medication then the following procedures will be followed:
  - Whenever possible the child's parents/carers will administer the medicine. When this is not possible then the **medicine must be clearly labelled with the child's name, dosage and frequency of medication along with any other instructions.**
  - Written consent must be obtained from the parent/carer providing clear instructions on the dosage, administration of the medicine and permission for a member of staff to follow the instructions.
  - All medicines will be kept out of any children's reach and if possible in a locked cupboard.
  - The administration of the medicine will be logged in the accident book. Providing clear information on the name of the child receiving the medicine, the date and time the medicine should be administered, the date and time the medicine was administered and a signature of the person administering each dose of medicine. The administration and dosage should also be witnessed and the witness should also sign the logged entry.
- With regard to the administration of life saving medication such as insulin or the use of nebulisers then the position will be clarified with Discoveries insurers and the child's doctor.
- Discoveries will ensure that the first aid equipment is kept replenished and sterile items will be kept sealed in their packages until needed.

## Hygiene

To prevent the spread of infection Discoveries will encourage the following good practices:

### Personal Hygiene.

- Hands are to be washed after using the toilet.
- The children are to wash hands prior to any cooking or preparing any food.
- The children are to wash their hands prior to having snack and following any art activity.
- A box of tissues will always be available to encourage children to blow and wipe their own noses. Soiled tissues will be disposed of hygienically.
- Children are encouraged to shield their mouths whilst coughing and sneezing.
- A soap dispenser will always be available and the children will be shown how to use it.
- Paper towels are used and disposed of appropriately.
- The toilet and kitchen area will be cleaned each day.
- A different coloured cloth will be used for each cleaning activity such as green for toilet area, pink for art and blue for tables and washing up.



- Tables will be cleaned prior to laying the tables for snack.
- Hygiene rules related to bodily fluids will be followed with particular care. Disposable gloves are available and should be worn.

### **Cleaning and Clearing**

- Any spills of blood, vomit or excrement will be wiped and flushed away down the toilet. Disposable gloves are to be worn when cleaning up any body fluids. Floors and other affected surfaces are to be disinfected.
- Soiled clothing is to be wrapped in a polythene bag to be taken home with the child.

### **Food Hygiene**

When preparing food the staff at Discoveries will:

- Always wash their hands under running hot water and with soap prior to handling food and after using the toilet.
- Not be involved with the preparation of food if they are suffering from any infectious/contagious illness or skin trouble.
- Never smoke in the kitchen or any room storing food.
- Never cough or sneeze over food.
- Use different cloths for kitchen, toilet and art activities.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.
- Ensure that waste is disposed of properly and out of the reach of the children.
- Wash fruits and vegetables thoroughly.
- All utensils will be kept clean and stored in a dust-free place.
- Cracked or chipped china will not be used.