

### Health and Hygiene policy and practice

Our setting 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:

#### Health

##### Illness

- Parents are asked to keep their children at home if they have any infection, and to inform the setting as to the nature of the infection so that the pre-school can alert other parents, and make careful observations of any child who seems unwell.
- Parents are asked **not** to bring into the pre-school any child who has been vomiting or had diarrhoea until **at least** 48 hours has elapsed since the last attack. Information is on the parent/carer notice board about incubation periods.

##### Information sources

- Parents will have the opportunity to discuss health issues with pre-school staff and will have access to information available to the setting.
- The setting will maintain links with health professionals and gather health information and advice from the local authority information services and/or health agencies.

#### Hygiene

To prevent the spread of infection, adults in the group will ensure that the following good practices are observed:

##### Personal hygiene

- Hands washed after using the toilet (with antibacterial soap) and coming in from the garden.
- Children with pierced ears not allowed trying on or sharing each other's earrings.
- Children are encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically, and children will be expected to wash their hands after using a tissue.
- Children encouraged to shield their mouths when coughing.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections, including HIV infection which can be transmitted.
- Staff use alcohol gel at all times during sessions as well as appropriate hand washing.

##### Cleaning and clearing

- Any spills of blood, vomit or excrement wiped up and flushed away down the toilet. Disposable gloves always used when cleaning up spills of bodily fluids. Floors and other affected surfaces disinfected using appropriate antibacterial cleaning materials according to the manufacturer's instructions. Fabrics contaminated with body fluids thoroughly washed in hot water.
- Spare laundered pants, and other clothing available in case of accidents and polythene bags available in which to wrap soiled garments.
- All surfaces cleaned throughout the day with an appropriate anti-bacterial cleaner.

##### Food (links to Food Safety Act 1990 & General Food Hygiene Reg 1995)

The pre-school will observe current legislation regarding food hygiene, registration and training. In particular each

adult will: -

- Always wash hands under running water before handling food and after using the toilet.
- Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- No smoking whilst caring for children in the care of Colyton Caterpillars or outside of the building.
- Never cough or sneeze over food.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot, fridge temp gauge and food probe.
- Ensure waste is disposed of properly and out of reach of the children. Keep a lid on the dustbin and wash hands after using it.
- Wash fresh fruits and vegetables thoroughly before use.
- Any food or drink that requires heating will be heated immediately prior to serving and not left standing. No food or drink will be reheated
- Tea towels will be kept scrupulously clean and washed between each session.

An environmental check is carried out by manager annually and records kept.

***This policy was adopted at a meeting of the setting held on (date) .....***

***Signed on behalf of the setting.....***