

## Severn Beach Preschool

### Health and Hygiene - Policy and Practice

Severn Beach Preschool promotes a healthy lifestyle and a high standard of hygiene for both children and adults in its day to day work.

- Please refer to separate covid policies and risk assessments for additional information regarding Covid which runs alongside this.
- Parents/carers are asked to keep their child at home if that child has any infection, and to inform the preschool as to the nature of the infection to allow preschool to alert other carers.
- Parents/carers are asked not to bring into preschool any child who has been vomiting or had diarrhoea until at least 48 hours have elapsed since the last attack. Staff will also observe this requirement.
- Cuts or open sores will be covered with a plaster or other suitable dressing.
- If a child is taken ill at preschool, staff will notify the carer and if illness is considered to be infectious, the child will be isolated until collected by parent/carer.
- The preschool will maintain links with health visitors and share information and advice from the local health authority information services and/or other health agencies with carers.
- Notifiable diseases will be reported to the HPA and to Ofsted.
- Food poisoning affecting 2 or more children/adults will be reported to Environmental Health.
- Parents will have opportunities to discuss health issues with preschool staff.
- All tables, work surfaces used by the playgroup will be cleaned as necessary with an appropriate cleaner and at the end of each session.
- Floors will be kept clean, swept and mopped with cleaning products as necessary and at the end of each session.
- Toilets will be checked regularly during the session to check for cleanliness and cleaned as necessary.
- Hygiene rules related to bodily fluids will be followed with particular care and all staff will be aware of how infections can be transmitted.
- All staff follow the Nappy Changing procedure to ensure hygienic practices.
- Latex gloves will always be worn to clean toilets and when cleaning up any spills or bodily fluids.
- Any spills of bodily fluids will be cleaned up and if possible flushed down the toilet.
- Any affected areas will be cleaned using an appropriate cleaner.
- Cloths used for cleaning up spillages will be disposed of in a plastic bag.
- If the floor mop is used it will be washed/soaked in an appropriate cleaner. (bleach)
- All waste will be disposed of in an appropriate way and away from the children.
- Preschool will keep a supply of clean spare clothing in the event of accidents.
- Plastic bags will be kept to wrap soiled items in for carers to take home.
- Children will be encouraged to use the toilet in an acceptable manner – flushing and washing their hands after use. Soap and paper towels will be provided by preschool.
- Children will be encouraged to wash their hands after messy play, playing outside and before eating.

- Children will be encouraged to use tissues to catch it, bin it, kill it.
- Children will be encouraged to shield their mouths when coughing.
- Children will be encouraged not to put equipment in their mouths. If children place equipment in their mouths it will be washed.
- Equipment will be washed termly and as required.
- Children with pierced ears will not try on or share other's earrings, only stud earrings are acceptable as hinged earrings can get caught.
- Snacks provided by the preschool will be nutritious taking into account any special dietary requirements.
- Drinking water and milk will be made available to children throughout the session.
- When cooking as an activity preschool will promote the children's understanding of healthy eating.
- Hands will be washed before handling foods under running water with soap.
- Food will not be prepared by anyone suffering from any infectious/contagious illness or skin condition.
- A chopping board is available for cutting up fruit and vegetables.
- All utensils will be kept clean and stored in a dust-free place.
- Cloths will be changed as used and daily. Tea towels will be kept clean and washed between sessions.