



Health and Hygiene Policy and Practise

Information Sources

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

Hygiene:

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

Personal Hygiene

- Hands must be washed after using the toilet and before preparing food. Children will be encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues hygienically.
- Paper towels used and disposed of appropriately.
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections, including the HIV infection, can be transmitted.

Cleaning and Clearing

- Any spills of blood, vomit or excrement must be wiped up and flushed away down the toilet or bagged up and put in the yellow bin. Disposable gloves will always be used when cleaning up spills of any bodily fluids. Floors and other affected surfaces will be disinfected using chlorine or iodine bleach diluted according to the manufacturers instructions and or antibacterial spray. Fabrics contaminated with bodily fluids must be washed thoroughly in hot water.
- Spare laundered clothing will be available in case of accidents, and polythene bags available in which to wrap the soiled garments.
- All surfaces will be cleaned daily with an appropriate cleaner.

Food

All staff will complete a food hygiene course in the first year they work at the nursery. Before this course has been completed the members of staff will not be permitted to preparing the children's food.

The nursery 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 an infectious/contagious illness or skin trouble.
 - Never smoke in the kitchen or any other room involved in the storing or preparation of food (no smoking on the premises at all).
 - Never cough or sneeze over food.
 - Use different cleaning cloths for kitchen and toilet areas.
 - Keep food covered and either refrigerated or piping hot.

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

Outdoor Play

Children will have frequent opportunity to play in the fresh air in the secure nursery garden and regular outings are made to the park and other areas.

Head lice

All cases of head lice must be reported to the nursery supervisor so that other parents can be asked to check their children's heads. If a child is found or suspected to have head lice whilst at nursery the parents will be contacted immediately and asked to collect their child. Once treatment has been completed, they will be allowed back in to the nursery.