# **Logo  Description automatically generatedChild Sickness and Health Policy - 2022**

**Illness**

* If a child becomes unwell whilst at pre-school they will (within the confines of our setting) be kept separate from other children and made comfortable whilst their parent/carer is contacted to arrange collection.
* Parents are required 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. This rule applies to all adults on the site too to minimize the potential spread of illness and infection.
* Parents are asked to keep their children at home if they have any serious infection, and to inform the pre-school as to the nature of the infection. This will allow the pre-school to alert other parents as necessary and to make careful observations of any child who seems unwell.
* Parents are asked not to give their child any pain relief medication (paracetamol / ibuprofen) prior to attending preschool as this can mask a temperature and other symptoms of illness. Any child that has been given such medication before attending preschool will not be admitted until any effects of the medication have worn off (this is 4 hours after initial dose).
* Cuts or open sores, whether on adults or children, will be covered with a hypo allergenic plaster or dressing. If an injury occurs whilst in setting plasters will be applied to open sores or cuts.
* In the event of a pandemic preschool will:
* Ensure all contact details for staff and children are current and accurate.
* Ask staff to keep away if showing any signs of virus like symptoms or sent home if this occurs whilst at work.
* Ensure all personal hygiene practices are re-enforced and in particular frequent hand washing – staff have access to proper handwashing guides as a visual reminder.
* Attempt to keep the setting open by calling on all staff and volunteers but if staff/child ratios become inappropriate due to staff shortages we would need to consider closing. Joint decision will made by pre-school managers. Chairperson, DCC and Ofsted will be consulted for advice.
* Follow Government guidelines on closure of setting and have available at the setting telephone numbers that parents and staff can access to obtain centrally produced advice.
* In the event of closure would seek advice from local authority regarding remaining closed or re-opening process.
* Close liaison with Lympstone Primary School about their numbers of children affected.

**Symptoms of a respiratory infection, including COVID-19**

* Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
* Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.
* All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

**Medication**

* If the child is on prescribed medication the following procedures will be followed:

 - If possible, the child's parents will administer medicine. If not, then medication must be stored in the original container and clearly labelled with child's name, dosage and any instructions.

 - Information will be obtained from the parent, giving clear instructions about the dosage, administration of the medication and permission for a member of staff to follow the instructions.

 - All medications will be kept in a high cupboard in the kitchen not accessible by children. Staff medications will be logged separately and stored in named envelopes separate to the children’s medication and out of reach of children. Any prescribed medication will be stored in the same manner.

 - A medication book will be stored alongside the medications and available to log in: the name of child receiving medication; times that the medication should be administered; date and time when medication is administered, together with the signature of the person who has administered each dose, their witness to the administration and finally the parent or carer’s signature.

* Regarding the administration of life saving medication such as insulin/adrenalin injections or the use of nebulisers, the position will be clarified by reference to the pre-school's insurance company. (In the case of pre-schools insured with Royal & SunAlliance, this will be through the Insurance section at Pre-school Learning Alliance National Centre). If specialist knowledge is required, staff involved in administering medication will receive training from a qualified health professional. All staff will be trained in EpiPen administration within their first aid training which will be refreshed every 3 years in line with legislation guidelines.
* The pre-school 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.
* All regular staff will be trained in paediatric first aid, and this will be refreshed every 3 years in line with legislation guidelines.
* As per 2014-17 legislation changes preschool have applied and will hold on site an emergency epipen and inhaler.

**Medication**

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

Personal hygiene

* Hands washed with soap and water after using the toilet and before handling food
* Children with pierced ears not allowed to share each other's earrings.
* Children encouraged to blow and wipe their noses when necessary and to dispose of soiled tissues promptly and hygienically. Children are encouraged to shield their nose and mouth when coughing or sneezing, using a tissue when possible, following the government campaign of **CATCH IT, BIN IT, KILL IT.**
* Individual cloth hand towels will be available at all times, or blue roll used and disposed of appropriately.
* Hygiene rules related to bodily fluids will be followed with particular care and all staff and volunteers aware of how infections, including HIV infection, can be transmitted. Any spills of urine, blood, vomit or faeces will be cordoned off and children kept away from the area, the spill will initially be cleaned using blue roll or paper towels and then will be cleaned with a bleach cleaner using clean blue roll or paper towels following manufacturers guidelines. Staff will wear Personal Protective Equipment (PPE) clothing and gloves from the emergency box in the storeroom and will dispose of the contaminated paper towels in the orange bags stored in the box. Hand hygiene procedure will be followed at all times and the children kept away from the area until sanitized and dry.

**Cleaning and clearing**

* Any spills of blood, vomit or excrement wiped up using blue roll or paper towels and placed in the yellow bin. PPE and gloves will always be used when cleaning up spills of body fluids. Floors and other affected surfaces disinfected using bleach diluted according to the manufacturer's instructions. Fabrics contaminated with blood will be thoroughly washed in hot water and will be wrapped in a bag and sent home with the child or will be disposed of if necessary. Items contaminated with any other bodily fluids such as urine or faeces will be bagged, labelled and sent home.
* Spare laundered pants and other clothing available in case of accidents, and polythene bags available in which to wrap soiled garments. All bags will be labelled with child’s name and reason, eg wet play or toilet accident.
* All surfaces cleaned daily with an appropriate cleaner.
* All cleaning products will be stored in cupboards out of children reach.
* All areas will be mopped daily, and mops allocated to kitchen, toilet area and main rooms to avoid cross contamination. Mopping will use floor cleaner diluted with hot water and will be used in direction with manufacturers guidelines. All cleaning fluids will be stored in the kitchen out of reach of children and dirty water will be disposed of down the outside drain and mops rinsed and cleaned/replaced regularly.
* Preschool Laundry bins will be stored in the disabled toilet area and will be emptied daily. The white bin is for general washing and wash cloths. The green bin in the children’s toilet area is for the cloth hand towels. Cross contamination will be avoided by any preschool items with bodily fluids being stored in a carrier bag in the laundry bin and removed that day for washing.

**Food**

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

In particular, each adult will:

* Always wash hands with soap under running water before handling food and after using the toilet. Good handwashing guides will be shared with all staff.
* Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
* Never smoke on the premises or pre-school outdoor areas
* Never cough or sneeze over food.
* Use different cleaning cloths for kitchen and toilet areas.
* Prepare raw and cooked food in separate areas.
* Keep food covered and either refrigerated or piping hot.
* Ensure waste is disposed of properly and out of the reach of the children.
* Wash fresh fruits and vegetables thoroughly before use.
* Tea towels will be kept scrupulously clean and washed between each session.
* All utensils will be kept clean and stored in a dust free place.
* Cracked or chipped crockery will not be used.
* As part of the daily risk assessment the kitchen, fridge and its contents will be checked and all food labelled with ‘opened’ dates where necessary to ensure fit for consumption this will be monitored by using the daily diary page from the safer food better business pack. A member of staff is responsible for this record being maintained – this is currently Katharine Grabke. In her absence Kyra Pengilley or Tracey Mackie will be nominated.

**Health:**

**Food and Drink**

* All snacks and drinks provided will be nutritious and pay due attention to children's particular dietary and allergy requirements. Fresh water will be available at all times.
* 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.
* Packed lunches are provided by parents/carers, The Preschool promotes healthy eating and asks that the contents support the preschool ethos of healthy diets. We ask that parents/Carers do not send chocolate confectionary or sweets in their child’s lunchbox. The preschool operates a no nuts policy due to serios allergies amongst our community. Grapes, cherry tomatoes, and large blueberries should be cut in half lengthways to reduce any choking risk.
* All staff handling food and drinks for consumption by the children will be given training on Food hygiene.

**Outdoor play**

* Children will have the opportunity to play outside throughout the year (either in the pre-school's own outside play area or on regular outings to parks or other community play-spaces) all areas will be fully risk assessed and a hygiene check will be made prior to access by the children.

**Information sources**

* Parents will have the opportunity to discuss health issues with pre-school staff and will have access to information available to the pre-school.
* The pre-school will maintain links with health visitors and gather health information and advice from the local health authority information services and/or other health agencies.
* The Preschool will contact The UK Health Security Agency with any notifiable diseases in accordance with the information found at mailto:https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities. The Preschool will inform OFSTED and the local authority if a child is known to be suffering from a notifiable disease and act accordingly to any advice which is given. Guidelines for infectious periods and essential required absences from preschool in relation to illness and infectious diseases will be adhered to at all times and shared with parents to ensure there is limited opportunity for these to spread.

This Policy has been agreed by Lympstone Preschool Committee. Date 24/08/2023