

**HEALTH AND HYGIENE POLICY AND PRACTICE**

Health

Children will have the opportunity to play in the fresh air throughout the year. The Preschool will promote good hygiene and a healthy lifestyle through its curriculum and activities.  
  
Parents will be asked to provide their child with a sunhat and suncream when the weather dictates this is necessary. It is appreciated if parents apply suntan cream to their child prior to the session.

Illness

1. Parents are asked to keep their child at home if they have any infection, and to inform the Preschool as to the nature of the infection so that the preschool can alert other parents and make careful observations on any child who seems unwell.  
   Certain diseases and infections must be notified to the Environmental Health Agency under the Public Health (Control of Disease) Act 1984 and Public Health (Infectious Diseases) Regulations 1988, i.e. acute encephalitis, acute poliomyelitis, anthrax, diphtheria, dysentery (amoebic or bacillary), leprosy, leptospirosis, malaria, measles, meningitis, meningococcal septicaemia (without meningitis), mumps, ophthalmia neonatorum, paratyphoid fever, rabies, rubella, scarlet fever, tetanus, tuberculosis, typhoid fever, viral haemorrhagic fever, viral hepatitis, whooping cough and yellow fever).
2. If any child appears to be too unwell to continue a playschool session, then parents will be contacted and asked to take the child home.
3. Parents are asked not to bring to preschool any child who has been vomiting or had diarrhoea until and least 48 hours has elapsed since the last attack.
4. Cuts or open sores, whether on adults or children, will be covered with hypoallergenic sticking plaster or other dressing, subject to prior permission of a parent or guardian.
5. All staff will have access to First Aid training by accredited First Aid organisations. At least one member of staff at each session will be First Aid trained.
6. The preschool will ensure that first aid equipment is clearly identifiable and easily accessible to all staff. First aid equipment will be kept clean and replenished and replaced as necessary. Sterile items will be kept sealed in their packages until needed.

Hygiene

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

Personal Hygiene

1. Hands are washed after using the toilet and before any cooking activity or eating snacks. Disposable paper towels used for drying hands.
2. Children with pierced ears not be allowed to try on or share each other's earrings.
3. A large box of tissues available and children encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically.
4. Children are encouraged to shield their mouths when coughing.

Cleaning and Clearing

1. The premises will be checked for cleanliness before each session.
2. Any spills of blood, vomit, urine or excrement wiped up and flushed away down the toilet or disposed of in an appropriate manner. Rubber gloves always used when cleaning up spills of body fluids. Floors and other affected surfaces disinfected using chlorine or iodine bleach diluted according to manufacturer's instructions.
3. Spare laundered pants and other clothing available in case of accidents and polythene bags available in which to wrap soiled garments.
4. All surfaces cleaned daily with an appropriate cleaner and before snacks or lunches served.
5. Toys regularly checked for cleanliness

Food

The Preschool observes current legislation regarding food hygiene. In particular, each adult will

1. Always wash hands under running water before handling food and after using the toilet, changing nappies or helping children to blow their nose.
2. Not be involved in the preparation of food if suffering from any infectious or contagious illness or skin trouble.
3. Never cough or sneeze over food.
4. Use different cleaning cloths for kitchen, floor and toilet areas.
5. Prepare raw and cooked food in separate areas.
6. Ensure that waste is disposed of properly and out of reach of children. Keep a lid on the dustbin and wash hands after using it.
7. Wash fruit and vegetables thoroughly before use.
8. Keep all utensils clean and stored in a closed cupboard or drawer