



# Health and Sickness Policy

The health and safety of your child is very important to us, therefore the following procedures are strictly followed:

## Hygiene

- A quick risk assessment of the premises is carried out each day before the arrival of any children.
- We will ensure that the premises and equipment are clean at all times.
- We have a daily cleaning routine.
- We have separate cleaning cloths for both the kitchen and bathroom/nappy change areas.
- We will provide children with suitable hand washing facilities and paper towels to dry hands.
- We will educate children about personal hygiene through play and a daily routine.

## Food Hygiene

- We follow strict hygiene practices in order to prevent contamination.
- All surfaces and cooking equipment will be clean and hands washed before food preparation.
- We will follow hygiene guidelines on the preparing, cooking and storing of food, keeping the fridge at the correct temperature etc.
- Out of date food, partially eaten or used food will be discarded.
- During cooking activities, children will be encouraged to use good hygiene practice.
- **Ofsted will be notified** of any food poisoning affecting two or more children in our care.

## First Aid

- We are First Aid Trained and have a valid up to date certificate
- A full First Aid Kit is located on the premises; this is checked and re-stocked on a regular basis.
- A travel First Aid Kit will be carried on all outings.

## Sickness

We appreciate that as a working parent you need to be able to go to work. However, if your child is unwell then they will be better cared for in their own home, with a parent. We are happy to care for children with minor coughs and colds but will not care for

children who are very unwell, infectious or running a high temperature. We have to consider the welfare of all children in our care.

It is natural that children will suffer and spread illness and infection, however through good practice and cleanliness, the extent to which these infections are spread are minimised.

We will promote the good health of children and take positive steps to prevent the spread of infection and appropriate measures when they are ill.

We have a policy on the exclusion of sick children who are ill or infectious and a procedure of contacting parents if the child becomes ill whilst in our care. We will request that children suffering from sickness and/or diarrhoea are not placed in our care until at least 48 hours has elapsed since the last attack.

The **Public Health Authorities and Ofsted** must be notified of any communicable diseases as defined by the Health Protection Agency.

Children with infectious diseases should be kept away for a minimum period. This is to minimise the risk of cross infection:

Infectious disease	Exclude for
Chicken Pox	5 days from onset of rash
German Measles (Rubella)	5 days from onset of rash
Impetigo	Until lesions are healed/crusted
Measles	5 days from onset of rash
Scarlet Fever	5 days from start of medication
Diarrhoea / Vomiting	48 hours or when well
Whooping Cough	5 days from start of medication
Mumps	5 days from onset of swollen glands
Jaundice	7 days from onset of illness
Conjunctivitis	No need to exclude (use own towel)
Hand, Foot and Mouth	Until feeling well
Head lice	No need to exclude as long as treated immediately

### **Toys and play equipment**

Toys and play equipment are kept clean, well maintained and in good repair and in accordance with safety standards. All equipment is checked on a regular basis and any broken toys/equipment will be discarded immediately.

Visual risk assessments will be carried out on activities.

### **Animals/Pets**

We believe that children can learn a lot from having contact with animals. However certain procedures must be followed to ensure the safety of the children.

If we have animals on the premises we will not put the health, safety or welfare of the children at risk. We will encourage children to treat all animals with respect and teach them how to handle them correctly.

Children will wash their hands after any contact with animals and will be taught the reasoning behind this. Food bowls for the pet will be stored safely away from the children's reach.

Pets will be discouraged from fouling any areas where the children may play.

### **Smoking**

We have a NO SMOKING policy.