

Sickness and Infection Control Policy

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Record of Alterations

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Approved by Chris Sellers

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At The Mount Nursery, we promote good health, but there will be times when a child becomes unwell whilst at nursery. It is important for there to be procedures in place to limit the risk of spreading any illnesses to staff and children.

INFECTION CONTROL

Infection prevention and control measures aim to interrupt the cycle of infection by promoting the routine use of good standards of hygiene, so that transmission of infection is reduced overall. This is usually achieved through:

- Immunisation of children and staff
- Good handwashing practices
- Ensuring the environment is kept clean

Our staff:

- Encourage all children to use tissues when coughing and sneezing to catch germs
- Ensure all tissues are disposed of hygienically, and all children and staff wash their hands afterward
- Develop children's understanding of the above and the need for good hygiene procedures to help them stay healthy
- Wear appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children, and dealing with any other bodily fluids. Staff are requested to dispose of PPE appropriately and wash their hands immediately
- Clean and sterilise all potties and changing mats after each use
- Clean toilets at least daily and check them throughout the day
- Remind children to wash their hands before eating, after visiting the toilet, playing outside, or being in contact with animals, and explain why this is important
- Clean all toys, equipment, and resources regularly by following a comprehensive cleaning rota and using antibacterial cleanser, steam cleaning, or washing in a machine
- Wash or clean all equipment used by babies and toddlers as needed, especially if children place it in their mouths
- Store dummies in individual hygienic dummy boxes labelled with the child's name to prevent cross-contamination
- Immediately clean and sterilise any dummy or bottle that falls on the floor or is picked up by another child
- Provide labelled individual bedding for children, not used by any other child, and wash it at least once a week
- Ask parents and visitors to remove all outdoor footwear, or use shoe covers, when entering rooms where children may be crawling or sitting on the floor.



- Follow sickness procedures when children are ill to prevent the spread of any infection in the nursery. Staff are also requested to stay at home if they are ill or contagious.

In addition:

- The nursery manager retains the right to refuse entry to anyone deemed contagious, including children, parents, carers, staff, and visitors, to protect the welfare of the nursery.
- Parents will be made aware of the need for these procedures so that they can follow the guidelines while in the nursery.
- Each room will be deep cleaned periodically, including carpets and soft furnishings, to limit the spread of infection. This will be implemented earlier if needed.
- In the event of an infection outbreak, the nursery will, where appropriate, undertake a deep clean to ensure the spread of infection is contained.
- We will follow Government health guidance, and seek legal advice and information from our insurers, on any national virus outbreak or pandemic, and keep parents informed of any course of action.
- If contagious outbreaks occur, we will adopt Government guidance for visitors to minimise the spread of infection.
- The nursery will maintain stocks of tissues, handwashing equipment, cleaning materials, and sterilising fluid at all times, with increased supplies during winter or when flu and cold germs are circulating.

PROMOTING GOOD HEALTH

At The Mount Nursery, we promote the good health of all children attending, including oral health, by:

- Asking parents to keep children at home if they are unwell, as it is in their best interest to rest in a home environment.
- Asking staff and visitors not to attend the setting if they are unwell.
- Providing balanced and nutritious snacks, meals, and drinks to help keep children healthy.
- Minimising infection through rigorous cleaning and handwashing processes.
- Ensuring children have regular access to the outdoors and good ventilation inside.
- Sharing information about the importance of vaccinations to protect children and society from communicable diseases.
- Sharing information from the Department of Health that all children aged 6 months to 5 years should take a daily vitamin.
- Providing areas for rest and sleep, where required, and sharing information about the importance of adequate sleep for young children.

Staff will support children in practising good hygiene:



- All staff and children should wash their hands on arrival at nursery.
- Hands should be washed regularly, especially before eating, after playing outside, and after wiping noses, nappy changes, and toileting.
- Encouraging children to "catch it, bin it, kill it" when coughing or sneezing.

