**Hygiene (including Covid)**

Following good hygiene routines is paramount to avoid the spread of germs and illness in the nursery. All staff hold a Level 2 Food & Hygiene qualification and go through monthly update training by our chef to help keep your children healthy.

Please refrain from walking through the nursery with your shoes on, especially at the beginning of the day, as babies and young children spend a lot of time on the floor crawling around. Please ensure your child removes their shoes at the entrance before they come and play.

Children are encouraged to follow good hygiene routines and are supported to wash their hands after using the toilet, playing outside and also before eating. There are posters in the bathroom to remind the children to do this and paper towels are provided for the children to dry their hands hygienically. The children are taught to wash their hands for 20 seconds with soap. Children with runny noses are encouraged to dispose of their tissues in the bin and wash their hands after; we help the little ones do this and teach the children why it is important to do so. Each child has their own blanket/bedding to sleep with and these are washed at the end of the week or sent home to wash. The setting is cleaned and disinfected daily to minimise the spread of disease. The changing mat is disinfected between each change, nappies placed in a nappy bag and then into a separate bin which is emptied on a daily basis.

Outdoor toys are cleaned on a weekly basis with indoor toys being cleaned regularly through-out the week. The baby area and toys are disinfected each day when used.

The kitchen is cleaned daily and after use to a high standard ensuring the fridge and freezer temperatures are correct and food is stored away correctly. Colour coded chopping boards/knives are used to prevent cross contamination. We check the temperature of the food before serving to make sure everything is cooked thoroughly. We do not allow anyone who has not got a food hygiene qualification into the kitchen.

Children who become ill whilst in our care are separated from the rest of the group as much as possible and parents called to collect their children ASAP **(see sickness/illness policy)** in order to try and prevent further illnesses.

Please see next page for Covid-19 information

Covid-19 measures that are now in place:

* High contact areas are cleaned, this includes, telephones, gate locks, door handles, switches and other surfaces that are frequently touched by different people.
* Children are encouraged to wash their hands for 20 seconds and the ***Catch it, bin it, kill it*** slogan is promoted with tissues and hand sanitiser around the room. We teach children to cough into the crease of their elbow, rather than their hands- if they do not have a tissue to hand.
* If staff are feeling poorly with Covid and suffering with symptoms, then they will stay home until feeling better.
* If children are feeling poorly and suffering from Covid symptoms or have a high temperature they must follow the usual sickness policy and remain at home. They may return once their temperature is back to normal and they are feeling well.

We keep ourselves updated with the ever-changing information regarding Covid-19 , therefore this policy may change frequently. We will keep the most recent policy online [themeadowschildcare@gmail.com](mailto:themeadowschildcare@gmail.com)