

Infection & Prevention Control (Including Coronavirus)

At St. Bernard's Pre School, we are mindful that children can experience mild colds and other illnesses, and these cannot be completely avoided in a Pre School setting. Most children can go about their usual day with a mild cold or 'getting over' a cold and it is all part and parcel of being in a group environment. At Pre School we put measures in place to help stop the spreading of viruses and other illnesses. Measures such as: - general cleaning practices (use of antibacterial substances), teaching and promoting personal hygienic practices of children in the setting. These alone can reduce the risks but will not eliminate the risk altogether. We ask that parents work in partnership in helping us keep the children and staff safe and well but not sending their child in when they are very unwell.

If your child is very unwell with cold/flu symptoms* (as per our normal Sickness & Illness Policy), we ask that you keep your child at home both for your child's wellbeing and to reduce the spread of general viral infections. If a child is seen to be unwell or becomes unwell over the course of the morning, then their parent/main carer will be contacted to collect.

*Very unwell would mean if your child is dependent on Calpol/Nurofen or similar or if they are not active or/and not able to take part in all aspects of the Pre School session (such as going outside or physical activity in the Hall). We understand that children may be 'getting over' a cold and symptoms such as a runny nose and cough can last even though the child is well. We also take in account children that there are asthmatics who suffer with persistent coughing particularly in the Winter months. The Manager and Leader will make a managerial decision whether we deem your child 'very unwell'.

If your child is unwell and/or has a high temperature, they should stay at home and only return to Pre School: -

- 48hours after last spike in temperature
- 48 hours from last episode of persistent symptoms of vomiting and/or diarrhoea
- When are feeling well enough to partake in the usual Pre School routines (as per our Sickness Policy).
- Children should not come to Pre School if they are reliant on Calpol/Nurofen

When to gain medical attention

Seek immediate medical attention if you or your child has serious symptoms.

Serious symptoms:

- difficulty breathing or shortness of breath.
- chest pain or pressure.
- loss of speech or movement.

In an emergency, the Pre School will call 999 if the child is seriously ill or injured or their life is at risk.

COVID-19

COVID-19 symptoms can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Children and staff can continue attending Pre School if they are well enough to do so and follow the 48hour rule in relation to diarrhoea/temperature/vomiting.

Should a staff member or child test positive, the Pre School would be grateful if they could be notified so that we can put any other additional measures in place in the Pre School (such as additional cleaning, distancing between staff etc.)

Continuing to keep safe in Pre School – minimising risk

The Pre School already have existing cleaning and hygiene procedures in place in relation to Health & Safety practices. Whilst this provides sufficient cleaning in reducing the risk of transmission – staff will carry out additional cleaning of surfaces, shared resources and steam clean play resources as and when required.

Children will be discouraged from bringing in their own toys/books from home.

Soap is added to the water tray every day and the tray is cleaned out at the end of the day.

Dough is changed every week – only 2 children can play with the dough at any one time, helping to reduce use.

Children are encouraged to wash their hands after playing with sand or dough, when it is deemed appropriate.

Toys/resources put in mouths are removed from play and cleaned appropriately.

No mouth musical instruments are being used in play.

Refer to *Health & Safety* and *General Cleaning* policies for more details.

- Maintaining personal hygiene practices

Occasions which children and staff wash hands include: -

On arrival, before and after going to the toilet, after changing of clothes (toileting accident), after handling any bodily fluids, before and after handling foodstuffs, before and after administering medicine (inhaler), after any messy play (indoors or outdoors), after wiping their nose, mouth or tending to a cut or sore, after handling any waste.

Use of antibacterial gels are not to be used as a substitute for effective hand washing. However, children are encouraged to use hand sanitiser after blowing their nose/coughing or sneezing into their hand and after eating at snack. Hand gels/sanitiser are compliant with BS EN1500: Standard of Efficacy of Hygienic Hand rubs using a reference of at least 60% Isopropyl Alcohol.

Meaningful visuals and greeting/group time will be used to promote hygiene and safety practices such as talking about respiratory etiquette (sneezing, coughing, using tissues) and demonstrating effective hand washing.

- Reducing contact of adults in the setting/visitors

Children & their parents/carers will be greeted outside of the setting to reduce adults coming into the setting.

Parents/carers are only to come into the setting prior to an arranged appointment.

Majority of external visitors coming into the setting are prearranged. External visitors are not required to wear a face covering.

- Wellbeing – potential impact of previous ‘lockdowns’

Children have experienced long periods of staying at home at the beginning of the pandemic, less opportunities for social interactions and some children may have possible regression in development as a result due to restricted social and play experiences due to lockdowns. Staff will be actively more vigilant for signs that children require additional support at the beginning of the Pre School year. Staff will work in partnership with parents/carers regarding settling in/transitioning concerns, and parents/carers will be regularly informed.

Additional Needs

Due to COVID-19 children may have difficulties in managing hand washing/physical contact with other children. This is dependent on the individual child and a risk assessment would be drawn up in relation to an individual care plan. The Pre School will work in partnership with parents/carers to ensure the safety and wellbeing of all children in attendance. Refer to *Additional Needs Policy*.

- Review of risk assessments

The Leader and Manager will be responsible for reviewing risk assessments if government guidance were to change.