

Health and hygiene policy and house rules

We are all committed to maintaining a healthy and hygienic environment by teaching, modelling and discussing good practice for the benefit of all children in our care.

This policy document* specifies the measures schools adopt and the local authorities recommend in Zurich to protect children from 'flu and other infectious illnesses'. It includes current good practice that we promote every day in the nursery, pre-school and kindergarten at Children First at Freiestrasse 175 and Englischviertelstrasse 42, 8032 Zürich.

At Children First we aim to:

- provide a clean and safe environment in which all our children can thrive;
- work in partnership with parents to support good attendance at school and minimal disruption through illness;
- react promptly in the case of emergencies or threats to children's well-being and attendance.

Basic rules

- We ensure children's hands are washed on arrival from outside the school (parents please ensure this if arriving by public transport or by foot).
- No child or staff member may attend in the event of fever or diarrhoea, for 24 hours after these serious symptoms have disappeared.
- Children, employees, volunteers and visitors all adopt good hygiene measures such as masks and special disinfecting routines if sneezing or coughing.
- No sharing of cutlery or drinking bottles/cups
- No shaking hands as of March 2020.
- If toys are put into the mouth we will set them aside to wash before allowing them back into the class/carerooms where anyone else could touch or mouth them.

Symptoms: definition

- sudden fever (38 degrees C / 100.4 F or above)
- diarrhoea or vomiting

in combination with any of the following:

- hacking cough
- cold, headaches, aching
- shivering, sore throat

Prevention of Infection

In support of this policy, until the risk factor is deemed normal, we undertake to:

- notice good hygiene and praise the children for it;
- ensure that tissues are thrown into closed bins or sealed bags;
- allow free access to hand washing, adults will supervise it is done properly;
- avoid touching each other's food or drinks e.g. always use serving spoons even for finger food;
- not over-react, keep a sense of proportion – e.g. tolerate ordinary colds and symptoms of other illnesses unless flu is reasonably suspected;
- maintain our distance from others after changing nappies, going to the toilet or emptying bins until our hands are washed and masks removed;
- wear a hygiene mask if we develop any symptoms e.g. coughing, at school

Staff

- We help children to learn by setting a good example, teaching and discussing good practice e.g. 20-second hand-washing, use of tissues, eating and bathroom hygiene, wearing facemasks and other procedures for the benefit of all children in our care
- we will follow government guidance taking hygiene measures to and from work as well as at work
- We tie our hair back if it is long,
- We keep our fingernails clean and unpainted,
- We ensure our hands are clean before any preparation of food and wear face masks,
- Notify colleagues immediately if an infection develops (inc. fever or diarrhoea) and keep in daily contact so they are fully informed.

Children

- We will co-operate in learning hygiene exercises e.g. washing hands properly, and following adults' instructions
- We will listen to explanations 'why', so that we learn how to keep healthy and how to prevent the infection of others
- We will learn to respect others' privacy if one of our school friends gets sick

Parents

- We will encourage our children to observe the Children First hygiene rules
- We will pick up our children promptly if fever (or a bad cough or diarrhoea) develop at school (or ensure a friend or neighbour can attend within 30 minutes)
- If any sibling or close family member in the same household develops flu symptoms we will inform the daycare / kindergarten and not send our children to Children First
- If flu/fever or diarrhoea symptoms develop, we will telephone the doctor's surgery or hospital before travelling anywhere with our child
- If flu symptoms develop, we will not allow our child to leave home or meet with others.

Monica Shah Zeeman
Head
Children First

*Updated to include measures necessary to prevent the spread of SARS-Cov-2.

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