



# GP19– Hygiene



<b>Last Review Date</b>	November 2022	<b>Next Review Date</b>	November 2024
<b>Leader of Policy Review</b>	Deputy Headteacher, School Council		
<b>Associated Policies</b>	Health and Safety		

In schools, where children are in close and frequent physical contact with each other, infectious diseases can spread rapidly. Alun School will seek to help protect children and staff from infections and reduce the risk of outbreaks by ensuring;

- Rigorous hygiene procedures are in place
- Ensure information is provided to parents and staff on keeping infectious children and staff away from school to prevent contamination.

The development of a whole school approach to hygiene is essential in ensuring consistent messages and the development of skills in a supportive school environment. Following the Pennington enquiry (2009) which investigated the outbreak of E.coli in South Wales in 2005, a series of recommendations aimed at public sector bodies and food businesses were made. One of those recommendations was that every local authority should have a programme of audits to ensure that all schools have adequate toilet and hand washing facilities.

## **1. Introduction**

The content of this policy outlines the pattern of development through learning about hygiene, which boys and girls who attend Alun School will follow. The policy refers to the teaching of health and wellbeing, with regard to pupils in key stage 3 and 4.

Education about hygiene can help children make informed choices that can impact their health. Children's physical development depends upon the attention given to proper nutrition, sufficient exercise, appropriate hygiene, safety and positive healthy choices. Children need to appreciate the relationship between diet and growth, between exercise and wellbeing, and between personal hygiene and disease.

We consider the role of Alun School to support families and the wider community, by ensuring the ethos of the school is established as a health promoting environment.

## **2. Aim**

- To establish and maintain life-long healthy lifestyles and good hygiene habits and to provide a clean and hygienic school environment to promote the welfare of children and staff

## **3. Objectives**

- To ensure all aspects of good hygiene are encouraged among pupils, staff and visitors
- To provide consistent messages in school about good hygiene within and outside of the taught curriculum
- To increase pupils' knowledge, understanding, experience and attitudes towards good hygiene

- To ensure the provision for hygiene in school reflects the cultural and medical needs of all pupils
- To ensure the school environment is a hygienic place to learn and work in

#### 4. Curriculum

Effective hygiene education will enable children at Alun School to make responsible informed choices. This will not be delivered in isolation and reflect the approach within the Personal and Social Education (PSE) Framework for Wales, which underpins this Policy.

Key Stage		
<b>Foundation Phase</b>	<b>Personal Development</b> <ul style="list-style-type: none"> <li>• Children should be given the opportunities to become independent in their personal hygiene needs and to be more aware of personal safety.</li> </ul> <b>Well Being</b> <ul style="list-style-type: none"> <li>• Children should be given opportunities to develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies.</li> </ul>	
	<b>PSE Framework</b>	<b>Design &amp; Technology in the National Curriculum for Wales</b>
<p style="text-align: center;">2</p>	<b>Health and emotional well-being</b> <i>Learners should be given opportunities to:</i> <ul style="list-style-type: none"> <li>• take increasing responsibility for keeping the mind and body safe and healthy</li> </ul> <i>And to understand:</i> <ul style="list-style-type: none"> <li>• The features and physical and emotional benefits of a healthy lifestyle</li> </ul>	<b>Skills - Food</b> <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none"> <li>• Plan and carry out a broad range of practical food preparation tasks safely and hygienically</li> </ul> <b>Range – Health &amp; Safety</b> <ul style="list-style-type: none"> <li>• They should be made aware of the impact their own health and safety of certain behaviour e.g. healthy eating.</li> </ul>
<p style="text-align: center;">3</p>	<b>Health and emotional well-being</b> <i>Learners should be given opportunities to:</i> <ul style="list-style-type: none"> <li>• display a responsible attitude towards keeping the mind and body safe and healthy</li> </ul> <i>and to understand:</i> <ul style="list-style-type: none"> <li>• the relationship between diet, exercise, and good health and well-being</li> </ul>	<b>Skills - Food</b> <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none"> <li>• Plan and carry out a broad range of practical cooking tasks safely and hygienically</li> </ul> <b>Range – Health &amp; Safety</b> <ul style="list-style-type: none"> <li>• They should be made aware of the impact their own health and safety of certain behaviour e.g. healthy eating.</li> </ul>
<p style="text-align: center;">4</p>	<b>Health and emotional well-being</b> <i>Learners should be given opportunities to:</i> <ul style="list-style-type: none"> <li>• accept personal responsibility for keeping the mind and body safe and</li> </ul>	

	<p>healthy</p> <p><i>and to understand:</i></p> <ul style="list-style-type: none"> <li>the short and longer term consequences when making decisions about personal health</li> </ul>	
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Key Stage	PSE Framework	Design & Technology in the National Curriculum for Wales
3	<p><b>Health and emotional well-being</b></p> <p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> <li>display a responsible attitude towards keeping the mind and body safe and healthy</li> </ul> <p><i>and to understand:</i></p> <ul style="list-style-type: none"> <li>the relationship between diet, exercise, and good health and well-being</li> </ul>	<p><b>Skills - Food</b></p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> <li>Plan and carry out a broad range of practical cooking tasks safely and hygienically</li> </ul> <p><b>Range – Health &amp; Safety</b></p> <ul style="list-style-type: none"> <li>They should be made aware of the impact their own health and safety of certain behaviour e.g. healthy eating.</li> </ul>
4	<p><b>Health and emotional well-being</b></p> <p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> <li>accept personal responsibility for keeping the mind and body safe and healthy</li> </ul> <p><i>and to understand:</i></p> <ul style="list-style-type: none"> <li>the short and longer term consequences when making decisions about personal health</li> </ul>	

Largely, education about Hygiene will take place in PSE and Food Technology lessons, although some aspects will be addressed within daily routines and on an incidental basis. Staff will raise children's awareness of good hygiene practices by teaching them about the importance of;

- hand washing
- nose wiping and disposal of tissues
- the spread of infection through coughing and sneezing
- food and kitchen hygiene
- Puberty and growing up

#### Delivery

At Alun school, pupils will learn about hygiene using approaches that provide:

- Consistent accurate information presented simply and clearly

- Informative and accessible reading material
- Access to peers and credible adult experts, in addition to teachers
- Stimulating and enjoyable tasks

### **Use of outside Speakers**

Where people from external agencies are invited into the school they are 'visitors' and will be seen as contributing to the school's agreed programme and not replacing it. Visitors delivering any aspects of Hygiene will be involved in the planning of the full programme and contribute their specific expertise where required e.g School nurse, Healthy Schools

### **5. Environment**

To assist the school in achieving statutory compliance the head teacher will ensure that:

- the school premises (furniture, furnishings and fittings) are clean and safe before the children arrive each day
- a documented programme of cleaning for the entire school is in place
- cleaning staff are appropriately trained and aware of British Institute of Cleaning Science (BICS) guidance and COSHH Regulations (training can be accessed from Facility Services)
- all cleaning equipment is colour coded in line with the British Institute of Cleaning Science (BICS) (**Appendix 1**)
- all cleaning chemicals and equipment are stored safely in a lockable cupboard
- procedures for removing spills of blood and body fluids are in place (**Appendix 3**)
- include hygiene procedures in staff induction and training
- waste is removed promptly and is not allowed to accumulate
- well-maintained toilet facilities are provided where pupils feel comfortable and safe and have open access to throughout the school day
- provision for suitable, sufficient and readily accessible hand washing and drying facilities for staff and children are available.
- a maintenance contract is in place for all water coolers in the school
- use notices, posters and staff meetings to promote good hygiene practices
- a list of notifiable diseases is kept and staff are familiar with local guidelines and procedures for notifying eg Corporate Health and Safety, Environmental Health, Occupational Health of outbreaks of disease.
- display a list of addresses and telephone numbers for key health contacts including your nearest Accident and Emergency Department, Health Centre, Environmental Health Department, Public Health Department, Corporate Health and Safety, Occupational Health, NEWydd Cleaning

### **All Wales Infection Prevention and Control Audit Tool**

The head teacher will ensure that the following Infection Prevention and Control (IP&C) Audit Tool is completed by a person within the school who is designated as the responsible lead for **IP&C**. This tool aims to encourage self-assessment of Education settings in Wales to promote evidence-based/best practice infection prevention and control standards, therefore reducing the potential for cross infection within the settings and can be found at –

<https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/all-wales-infection-prevention-and-control-audit-tool-for-childcare-amp-educational-settings-v1-october-2019-english/>

### **5.1 Food and Kitchen hygiene**

Alun School's food preparation areas conform to environmental health and food safety regulations. The school will ensure that all staff responsible for food preparation and handling undertake the Basic Food Hygiene Certificate level 2, and that this is updated as required. Staff responsible for preparing and handling food in school are aware of, and comply with regulations relating to food safety and hygiene.

In particular:

<b>Staff will:</b>
ensure all food and drink is stored appropriately, refrigerated as needed including considerations for the contents of children's packed lunches
hand wash before touching food and immediately after handling raw food, especially meat and poultry
clean and disinfect kitchen work surfaces immediately before use and immediately after contact with raw food
regularly clean and disinfect and contact surfaces (e.g. handles, taps)
regularly clear food debris from surfaces (e.g. cupboards, refrigerators, microwaves), and clean and disinfect them
ensure all cooking and eating utensils are properly cleaned before use
use a bin with a lid and clean and disinfect it regularly
wash fruit and vegetables well (especially if they are to be eaten raw) including considerations for fruit tuck shops
avoid contact between cooked and raw foods (e.g. use separate chopping boards and knives)
check use-by dates and avoid damaged food or packages
keep refrigerators set at or below 5°C (thus ensuring food remains below 8°C – the legal limit), and freezers at or below minus 18°C
cook food thoroughly and evenly (especially meat). Thorough cooking will destroy most germs. However, all parts of the food must reach at least 70°C
serve cooked food immediately, or cool and refrigerate it within 90 minutes. Germs can multiply quickly in food left to stand at room temperature.
Keep tea towels clean and washed between sessions of activity with pupils
<b>Staff should Not:</b>
Drink unpasteurised milk or give it to children
Eat raw or lightly cooked eggs or uncooked dishes made with them
Eat meat that is undercooked or still pink
Eat pâté or ripened soft cheese (e.g. camembert, brie and blue cheeses) if you are pregnant or allow young children to eat any of the above foods
Allow animals on kitchen surfaces
Refreeze food once it has defrosted
Reheat food more than once
Allow children into the kitchen area, unless it is used solely for a supervised cooking activity
Use cracked or chipped crockery
Carry hot drinks through the play areas or place hot drinks within reach of children

### **Dietary Requirements**

Current information about individual student's dietary needs is recorded centrally and key information is shared with Newydd catering staff (allergens) and key individual members of staff within the school on a 'need to know' basis. Please refer to the school's Healthcare Needs Policy for further information.

### **Packed Lunches**

Packed lunches can be a breeding ground for food poisoning bacteria. Students are reminded to keep their lunch box cool, covered and safe and:

- not to store near a radiator or hot pipes
- use of insulated boxes and bags, small ice / gel packs in warm weather
- keep lunch boxes and bags clean

## Water Bottles

There are many benefits of good water provision, but it is important to keep the bottles clean. The school will promote:

- Water bottles are topped up from drinking water taps / fountains / coolers only
- Any water left in bottles at the end of the day should be discarded
- Students take their bottles home daily to be cleaned daily
- Hard plastic bottles are suited to daily use rather than the disposable types which break down easily.

### 5.2 Toilets

To ensure staff are aware of and are able to carry out effective hygiene practices, the head teacher will ensure that;

- all toilets are open and available to pupils throughout the school day
- the toilet and washroom facilities are suitable for the range of users, including pupils with disabilities and special needs and cater for the needs of all pupils from ethnic and religious communities
- the toilet facilities provide appropriate privacy for users
- all toilet areas have access to supplies of warm and cold water, liquid soap, hand drying facilities and toilet tissue in dispensers, provided at a convenient height, at all times
- provision of sanitary disposal units in all female cubicles (for girls aged eight and over)
- ensure drinking water supplies are available in appropriate locations, and not in toilet areas
- supervision of the toilets at break and lunchtimes is undertaken by Staff, if required.

To prevent the spread of all infection, staff at Alun school will ensure the following toileting good practices are observed: -

• Staff will take into account every child's individual needs and work in partnership with Parents/Carers in toileting matters
• Hand washing and all aspects of hygiene are encouraged by all staff
• Any accidents are dealt with swiftly, with minimal fuss, involving a change of clothing for the child
• Spare laundered pants, and other clothing, will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments in order to return them to the Parent/Carer
• The use of electric hand dryers will be supervised. Paper towels will be available, and disposed of appropriately when used.
• Only staff members will accompany pupils to the toilets, as required

### 5.3 Procedures for dealing with Spills

- Spills of blood and body fluids (e.g. faeces, vomit, urine, nasal secretions) are regarded as potentially infectious and any contaminated surfaces are immediately cleaned and disinfected. (Appendix 3)

The school protocol for dealing with spills is detailed below:

Staff will:	
• Wear disposable (non latex) gloves and a plastic apron whilst cleaning spills of blood and body fluids	
• Use disposable paper towels to wipe up the spill and discard in a plastic bag	• If use of a mop is required to clean a heavily contaminated area, e.g. a spill of vomit or faeces, it must be disposed of

	after use <ul style="list-style-type: none"> <li>The school will use disposable mop heads or commercial spill kits are available (training can be provided by Facility Services in their use).</li> </ul>
<ul style="list-style-type: none"> <li>Disinfect all surfaces contaminated with body fluids using a disinfectant that will kill both bacteria and viruses</li> </ul>	
<ul style="list-style-type: none"> <li>After removing the spill, clean the area with a freshly prepared solution of detergent and water</li> </ul>	
<ul style="list-style-type: none"> <li>Wash hands after removing gloves</li> </ul>	
<ul style="list-style-type: none"> <li>Put any waste into a plastic bag for disposal (according to local guidelines)</li> </ul>	
<ul style="list-style-type: none"> <li>Follow the manufacturer's instructions when using disinfectants and cleaning products*</li> </ul>	
<ul style="list-style-type: none"> <li>Ensure disinfectants are stored in a locked cupboard after use</li> </ul>	
<ul style="list-style-type: none"> <li>Consider steam cleaning fabric or carpeted areas as soon as possible after contamination</li> </ul>	
<b>Staff will not:</b>	
<ul style="list-style-type: none"> <li>Use bleach products on carpets or wooden surfaces, or in confined unventilated areas</li> </ul>	<ul style="list-style-type: none"> <li>Use bleach on spills of urine.</li> </ul>

## **6. Illness absence**

Parents of pupils at Alun School are made aware that any student who is acutely unwell should be kept away from school until they are well enough to benefit and participate. In addition, even if they appear well, it is necessary to keep students who have certain infectious diseases away from school for an appropriate period, to help prevent others from becoming infected. Medical advice should always be obtained, however the table in **Appendix 2** provides guidance on appropriate absence periods for some common infections.

Parents/carers will be asked to keep their children at home if they have any infection, and to inform the school as to the nature of the infection, so that the school can inform other parents/carers if necessary, and to make careful observations of any child who seems unwell.

If a student is issued prescribed medication, procedures outlined in the school's Healthcare Needs Policy will be followed.

### **Head lice**

Parents/carers should notify the school if they discover that their child has head lice. In this instance the school will issue appropriate guidance to parents in the form of a letter / leaflet, advising of necessary precautions and advice for treatment.

## **7. Immunisations**

Immunisation status is checked at school entry and at the time of any vaccination. Parents are encouraged to have their child immunised and any immunisation missed or further catch-up doses organised through the child's GP.

### **Staff Immunisations**

All staff should undergo a full occupational health check prior to employment; this includes ensuring they are up to date with immunisations. All staff aged 16–25 should be advised to check they have had two doses of MMR.

## **8. Child Protection**

It may be necessary to invoke local Child Protection Procedures if a pupil's safety or welfare (or that of another pupil) is under threat. It would be only be in exceptional circumstances, e.g. where there is a clear child protection issue, that sensitive information is passed on against a pupil's wishes, and even then the

school will inform the pupil first and endeavour to explain why this needs to happen. These exceptions are defined by a moral or professional duty to act:

- Where there is child protection issues
- Where a life is in danger

### **9. Confidentiality**

Teachers will not promise confidentiality. The boundaries of confidentiality will be made clear to pupils. If a pupil discloses information which is sensitive, not generally known, and which the pupil asks not to be passed on, it will be discussed with a senior member of staff. The request will be honoured unless this is unavoidable in order for teachers to fulfil their professional responsibilities in relation to:

- Child Protection
- Co-operation with a police investigation
- Referral to external service

Every effort will be made to secure the pupils agreement to the way in which the school intends to use any sensitive information.

### **10. Community**

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around hygiene, in partnership with key community and health agencies
- Encourage good hygiene practices by providing information to parents to reinforce key messages in the home environment

### **11. Equality**

As an employer and provider of services Alun School will not unlawfully discriminate on grounds of age, disability, gender, gender reassignment, race or ethnicity, religion or belief, sexual orientation, marriage or civil partnership, pregnancy and maternity or on the grounds of Welsh language.

All pupils, their parents and guardians, volunteers, staff and school governors are valued and will be treated with dignity and respect. We will not tolerate any form of discrimination, harassment or victimisation.

We will work across our school community to ensure our commitment to equality and fairness is shared and take steps to ensure that our school is accessible, welcoming and inclusive.

### **12. Implementation**

- The Health and Safety governor will ensure that there is adequate training and resources for all staff involved in the delivery of the aims and objectives of the Hygiene Policy.
- The governor with the responsibility for Health & Safety /Hygiene will liaise with head teacher and caretaker regularly.

### **13. Monitoring and Evaluation**

- Opportunities will be provided which will enable pupils to participate and evaluate what they have learnt according to their age, needs and ability
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- School Council
- Progress will be monitored at regular intervals by the deputy headteacher and governor responsible for Health & Safety: specific issues will be discussed at staff meetings as appropriate.



**References:**

[All Wales Infection Prevention and Control Guidance for Education Settings \(2017\)](#)

[Infection Prevention and Control Guidance \(2019\) for Childcare settings \(0-5 years\) In Wales](#)

[Public Health Wales Health Protection Team Infection Prevention and Control Quality Improvement \(Audit\) Tool For Childcare and Education Settings in Wales \(2019\)](#)

[Example of Checklist of Measures to Use During Outbreak 2019](#)

[Example of Cleaning Schedule for Education and Childcare Settings 2019](#)

[Example of Outbreak Record Form for Schools and Childcare Setting 2019](#)

[Guidance on Infection Control In North Wales – Schools and Pre-Schools Settings 2018- 2020 \(periods to keep individuals away\)](#)

[School toilets: Good practice guidance for schools in Wales \(2012\)](#)

Corporate Standard /300/01 Exposure to Blood Borne Viruses

Corporate Standard /303/01 Clinical Waste

Corporate Standard /600/01 Accident / Incident Reporting (includes Occupational Diseases)

FCC Corporate Standards are accessible from Flintshire County Council's *infont* site under Corporate Health and Safety

School Guide to Managing Emergencies (includes dealing with outbreaks of illness)

BOG Standard Sample School Toilet Policy [www.bog-standard.org](http://www.bog-standard.org)

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales (2008)

Design and Technology in the National Curriculum for Wales (2008)

**Key Contacts:**

North Wales Health Protection Team	01352 803234
All Wales Acute Response Team	03000 030032
Corporate Health and Safety (FCC)	01352 702782
Environmental Health (FCC)	01352 703386
Occupational Health (FCC)	01352 702777

<http://www.bics.org.uk/>

<http://www.wales.nhs.uk>

<http://www.hse.gov.uk/coshh/>

<https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/>

<https://www.newydd.wales/en/Cleaning.aspx>

## Flintshire County Council Colour Coding Chart

**BLUE**  
**General Low Risk Areas**  
**Foyer Stairs Entrances Corridors Ledges Skirting Doors**  
**Desks Window sills**

**RED**  
**Higher Risk Areas Washrooms**  
**(most often used in high-sanitary washroom cleaning,**  
**such as toilets and urinals)**  
**Toilets Floors Urinals**

**GREEN**  
**General Kitchen area (not food Prep)**  
**Sink Worktop Floor**

**YELLOW**  
**Washrooms**  
**Sinks Walls Surfaces Tiles Hand Dryers**

**The aim of a colour coding system is to prevent cross contamination.**

**Always use two colours within the washroom/sanitary area.**

**The colour-coding system must relate to all cleaning equipment, cloths and gloves.**

## Recommended Time to Keep Individuals Away from Settings because of Common Infections (2019)

The table below is a guide on whether or not an individual with an infection should attend a setting e.g. a school or workplace. This is based on the level/period of infectiousness and not on whether the individual is well enough to attend. If uncertain, individuals should stay at home and seek advice from NHS Direct Wales 0845 46 47 (NHS 111 where available), their pharmacy or General Practitioner (GP). If a setting requires advice on infections and length of time an individual should be kept away from the setting (previously referred to as 'exclusion' period) then they are asked to:

1. Refer to the information table below
2. Contact their GP surgery or other relevant professionals e.g. Health Visitor or School Nurse
3. In the case of staff illness/exposure contact their own Occupational Health Team
4. Contact the Health Protection (All Wales Acute Response) Team on 0300 00 300 32

When there are local/national outbreaks of illness, settings will usually be informed and advised of any actions they are required to take by the Health Protection/All Wales Acute Response Team. Settings are asked to keep a register of unwell individuals and also have a register of individuals who may be considered vulnerable to infection. If there are more than two cases of an infection; or more than the usual number of a common infection, then the setting should seek advice from the Health Protection (AWARE) Team.

Rashes and skin infections	Length of Time an individual is to be kept away from Setting	Comments
<b>Unexplained rashes should be considered infectious until health advice is obtained.</b>		
Athlete's foot	None	Athletes' foot is not a serious condition. Treatment is recommended
Chickenpox	5 days from onset of rash AND until all vesicles (blisters) have crusted over	Infectious for 2 days before onset of rash. SEE: Vulnerable individuals and Pregnancy (below)
Cold sores, (Herpes simplex)	None	Avoid kissing and contact with the sores. Cold sores are generally mild and self-limiting.
German measles (rubella)*	Four days from onset of rash	Preventable by vaccination and covered by the routine immunisation schedule (MMR x 2 doses). SEE: Pregnancy (below)
Hand, foot and mouth	None	Not to be confused with Foot and Mouth disease in animals
Impetigo	Until affected areas are crusted and healed, or 48 hours after commencing antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
Measles*	Four days from onset of rash	Preventable by vaccination and covered by the routine immunisation schedule (MMR x 2 doses). SEE: Vulnerable individuals and Pregnancy (below)
Molluscum contagiosum	None	A self-limiting condition
Ringworm	None	Keep covered. Treatment is recommended
Scabies	Affected individual can return after first treatment	Household and close contacts require concurrent treatment
Scarlet fever*	Individual can return 24 hours after commencing appropriate antibiotic treatment	Antibiotic treatment recommended for the affected individual.
Slapped cheek/Rift disease/Parvovirus B19	None	SEE: Vulnerable individuals and Pregnancy (below)
Shingles	Individual only to be kept away from setting if rash is weeping and cannot be covered	Can cause chickenpox in those who are not immune i.e. have not had chickenpox. If it spreads by very close contact and touch, if further information is required, contact the Health Protection Team. SEE: Vulnerable individuals and Pregnancy (below)
Warts and Verrucae	None	Verrucae should be covered in swimming pools, gymnasiums and changing rooms
<b>Diarrhoea and vomiting illness</b>		
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting	If there are more than two cases in a setting please inform the Health Protection Team/Environmental Health Officer
E. coli O157 VTEC*	Should be kept away from the setting for 48 hours from the last episode of Diarrhoea. Some individuals may need to be kept away from the setting until they are no longer excreting the bacteria in their faeces. Always consult with the Health Protection Team/Environmental Health Officer	Individuals aged 5 years or younger those who have difficulty in maintaining good personal hygiene, food handlers and care staff need to be kept away from the setting until there is proof that they are not carrying the bacteria (microbiological clearance).
Typhoid (and paratyphoid) (enteric fever)*		Microbiological clearance may also be required for those in close contact with a case of disease. The Health Protection Team/Environmental Health Officer can provide advice is required.
Shigella* (dysentery)		

Cryptosporidiosis	Keep away from setting for 48 hours from the last episode of diarrhoea.	Individuals should not be permitted to swim for two weeks after the last bout of diarrhoea has ended.
<b>Respiratory illnesses</b>		
Flu (influenza)	Until recovered	SEE: Vulnerable individuals (below)
Tuberculosis*	Always consult the Health Protection Team	Requires prolonged close contact for spread
Whooping cough (pertussis)*	48 hours from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment	Preventable by vaccination and covered by the UK routine immunisation schedule. After treatment, non-infectious coughing may continue for many weeks.
<b>Other infections</b>		
Conjunctivitis	None	If an outbreak/cluster occurs, consult the Health Protection Team
Diphtheria*	Must not attend setting. Always consult the Health Protection Team	Preventable by vaccination and covered by the UK routine immunisation schedule. Family contacts must be kept away from setting until cleared to return by the Health Protection Team. The Health Protection Team will consider the risk of any contact the individual has had with others if necessary.
Glandular fever	None	Infectious for up to 7 weeks before symptoms start. Glandular fever can cause spleen swelling so avoid sports or activities that might increase risk of falling and damaging spleen.
Head lice	None	Treatment is recommended only in cases where live lice have been seen
Hepatitis A*	Individual should be kept away from the setting until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)	In an outbreak of hepatitis A, the Health Protection Team will advise on necessary control measures
Hepatitis B*, C*, HIV	None	Hepatitis B and C and HIV are blood borne viruses that are not infectious through casual contact.
Meningococcal Meningitis* / septicæmia*	Until they have received the appropriate antibiotic. Always consult the Health Protection Team	Several types of meningococcal disease are preventable by vaccination. There is no reason to keep siblings or other close contacts of the individual from attending settings. In the case of an outbreak, the Health Protection Team will advise on any action needed.
Meningitis due to other bacteria*	None	Haemophilus influenzae type B (Hib) and pneumococcal meningitis are preventable by vaccination. There is no need for the Health Protection Team to identify people the individual has been in contact with. There is no reason to exclude siblings or other close contacts of the individual from settings. The Health Protection Team can advise on actions needed
Meningitis viral*	None	Milder illness. There is no need for the Health Protection Team to identify people the individual has been in contact with. There is no reason to exclude siblings and other close contacts of the individual from settings.
MRSA	None	Good hygiene, in particular hand washing and environmental cleaning, are important to minimise spread.
Mumps*	Five days after onset of jaw/neck swelling	Preventable by vaccination and covered by the routine immunisation schedule (MMR x 2 doses).
Threadworms	None	Treatment is recommended for the child and household contacts
Tonsillitis	None	There are many causes, but most cases are due to viruses and do not need an antibiotic.

\*denotes a notifiable disease/organism. It is a statutory requirement that doctors report a notifiable disease to the proper officer of the local authority (usually a consultant in communicable disease control/Health Protection).

#### Vulnerable individuals

Some medical conditions make people vulnerable to infections that would rarely be serious in most people. These include those being treated for leukaemia or other cancers, on high doses of steroids and with conditions that seriously reduce immunity.

#### Pregnancy

If a woman develops a rash during pregnancy or is in direct contact with someone with a rash or an infection, they should ask their GP/Midwife if they need any relevant investigations e.g. blood test. The greatest risk during pregnancy from infections comes from their own child/children, rather than the workplace.

#### Immunisation

All individuals are encouraged to ensure they have received all the vaccines that are offered in the UK schedule. If anyone is uncertain which vaccines they have received they should contact their GP surgery. For further information about the immunisation schedule, please visit: <http://www.wales.nhs.uk/sitesplus/888/page/43510>

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<https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/accordians/docs/recommended-time-to-keep-individuals-away-from-settings-eng/>

### Routine Cleaning and Disinfection of Equipment

