

**FIRST AID POLICY**  
**including Medicine Administration Policy and Human Flu Pandemic Policy**

Hereford Cathedral School recognises that it has a duty of care to pupils, members of staff, Parents, Governors and visitors to the School. As far as is reasonably practicable, the School will ensure that appropriate first aid arrangements will be managed in compliance with the management of Health and Safety (First Aid) Regulations 1981, Education (Independent School Standards) (England) Regulations. This policy also takes notice of the DfE document *Guidance on First Aid in Schools*.

**Policy Aims:**

- To support pupils (and others) with chronic illnesses while at school and to deal with acute health problems or injuries that occur during the school day.
- To ensure that there are sufficient numbers of staff trained, and at appropriate intervals retrained, in First Aid to support the normal functioning activities of the School.
- To ensure that the first aid equipment and facilities are adequate to maintain suitable practical arrangements for dealing with first aid incidents
- To regularly review arrangements for dealing with first aid incidents and ensure compliance with all relevant legislation
- To keep accident records and report, via the Chief Operating Officer (COO), to the HSE as required under the Reporting of Injuries Diseases and Dangerous Occurrences Regulations 1995

**School Nurses**

Hereford Cathedral School has two School Nurses, (both are qualified RGN) who job share and work one full time equivalent to cover the school week. They are available during normal school hours (8.30am to 4.30pm) and are based in the Medical Centre in Old Deanery; pupils are able to gain direct access throughout the day. They may be contacted via the School Office, or directly on extension 227.

The role of School Nurse and Matrons is to support children with chronic illnesses while at school and to deal with acute health problems or injuries that occur during the school day. They also liaise with the public health authority with regard to vaccination programmes and play a significant role in providing pastoral support for pupils. Medicines are not administered to children without parental consent. (Parental consent for 'over the counter medicines' is requested when pupils join the School)

The School Nurses are responsible for:

- Delivery of First Aid
- Provide advice on health issues to staff and parents
- Liaison with staff and parents on health problems of specific children
- Maintaining stocks of First Aid and medical supplies
- Advising on the planning and provision of First Aid across the School
- Maintaining the children's medical health records
- Maintaining Individual Health Care Plans for pupils with serious health conditions
- Supporting the delivery of First Aid on trips off site
- Maintaining the school accident records (a copy is also kept by the Bursary)
- Supporting Health Care and health-related education throughout the School
- Supporting the School's pastoral structure (including pupil wellbeing), liaising with pastoral and counselling staff.

In addition to the School Nurses, a number of staff hold First Aid qualifications (see separate list). This ensures that even in the absence of a School Nurse, there will be other qualified first aiders on the school site at any one time.

### **Medical Information**

Parents complete medical information forms and this information is stored on the School's Management Information System to which all staff have access. For residential trips and some other outings parents also complete an additional Health and Permission Form. The School Nurses advise staff, including the catering staff, of a child's relevant health needs. Parents are asked to notify the School if there is a change in medical conditions or a hospital admission so that records can be updated.

### **Accidents**

In the event of an accident, the pupil concerned should be seen by a School Nurse; they will assess the pupil and determine the appropriate course of action. If, for any reason, one is not available, then the pupil should be seen by a member of staff with up-to-date first aid training. If the accident occurs outside normal school hours, the member of staff initially dealing with it should liaise directly with the Senior Deputy Head or another member of SLT.

If the pupil requires attention at hospital, the School Nurse will contact the parents or guardians to take the child to hospital themselves if possible. If the parents or guardians cannot be contacted or cannot attend, the Senior Deputy Head or another member of SLT will be contacted to arrange for the pupil to be accompanied to the hospital. If a child is taken to hospital as the result of an injury, the School Secretary will be informed who will inform appropriate members of staff. The School Nurse or member of staff who witnessed the accident will complete both an Accident Form and add the information to the School's Management Information System.

If hospital treatment is not considered necessary, the School Nurse will deliver appropriate treatment on the school site. Where necessary, and depending on the nature of the injury, the School Nurse will inform parents either by telephone or by written note accompanying the pupil home at the end of the day. The School Nurse, or the member of staff originally reporting the accident, should complete an accident report form (this is an electronic document).

Injuries occurring off the school site will be dealt with by the most appropriately qualified First Aider who will be responsible for completing an accident form when appropriate.

In case of injury at Wyeside members of staff should see that in the first instance full use is made of the first aid kit kept at the playing fields. All members of the Games Department are trained in first aid, which means that Games afternoons at Wyeside have the presence of at least one qualified member of staff. If the injury is a major one requiring hospital treatment, the member of staff's responsibility will be either to call for an ambulance or personally take the pupil to Hereford hospital by car or taxi to notify the pupil's parents of the injury and to see that satisfactory arrangements are made for their return home. An accident form should immediately be completed. The School employs the services of First Aiders and/or Physios during weekend home rugby matches, and a member of SLT is usually available to accompany pupils to hospital if this is deemed necessary.

### **RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations**

Some accidents need to be reported to the HSE; the School Nurses and COO will follow the School's Accident Reporting and Investigations Policy.

<http://www.hse.gov.uk/riddor/reportable-incidents.htm>

### **First Aid Boxes and First Aiders**

First Aid boxes are kept at specific locations around the School (see Appendix 3) and are maintained by the School Nurses; if items from a First Aid box are used, a School Nurse should be informed so that they may be replaced. Emergency inhaler kits are also kept in the Sports Hall, at Gwynne Street and at Wyeside.

**Automated External Defibrillators** are located at Reception, Old Deanery, Wilmot House and Wyeside Playing Fields. One is also housed in the vestry of the Cathedral.

### **Portable First Aid Boxes**

First Aid kits are kept in the Medical Centre for use on school trips. As above, if items from a First Aid box are used, a School Nurse should be informed so that they may be replaced. Spare EpiPens and spare inhalers etc. are kept in the Medical Centre and may need to be collected when pupils are going off-site.

### **Pupils' Medication**

Sometimes pupils bring medicines into school. A letter of consent should be provided by the parent giving permission for the medical staff to administer these medicines with clear instructions, and the medicines left with a School Nurse in the Medical Centre.

Some pupils carry an EpiPen at school, which is kept by the pupil in a medical bag labelled with the pupil's name. Pupils should provide the Medical Centre with individually identified spare EpiPens to be kept in the Medical Centre.

Pupils who require an inhaler at school may, at the parents' request, have a named spare inhaler kept in the Medical Centre. The Medical Centre keeps lists of the children who require these.

Other medication brought to school that must be administered during the school day will be kept by a School Nurse and given according to the Medicine Administration Policy.

A number of children have special medical needs. Lists of children with diabetes, asthma, allergies and other conditions are stored on the School's Management Information System. Staff should be fully aware of these children and of actions to take if they get into difficulties. There are protocols for the management of asthma and anaphylaxis in the Medical Centre.

Information received about children who have temporary or long-term medical needs should always be given to the School Nurses who will then act accordingly.

### **Procedure for Dealing with Ill pupils**

Pupils who become ill should be sent to the Medical Centre for assessment or treatment as required. There is no appointment system in place although pupils should generally be discouraged from attending during lesson time unless it is an emergency.

The School Nurses can be contacted extension 227 for such cases. If there is no reply, Reception (224) or the School Secretary (222) can be contacted, who will know the whereabouts of the School Nurse. Should there be no reply from this number, the last resort should then be for one of the qualified First Aiders within the School to be contacted for assistance. A list of First Aiders is located on the Common Room Notice Board.

Pupils that the School Nurse considers should not attend lessons will be kept within the Medical Centre; they may rest. If their illness dictates that they will be unfit to return to lessons during that day, parents or guardians will be contacted requesting they collect their child from the premises. Tutors will be advised of such absences by the completion of a note on the School's Management Information System (for attendance). Pupils leaving the premises through illness will be required to sign out, in case of any fire or emergency. All pupil visits are logged in the Medical Centre; these records are confidential.

**If a pupil vomits in school, they must be isolated in the Medical Centre and parents will be contacted immediately to arrange collection of their child. Following sickness or diarrhoea, a pupil may return to school having been clear of symptoms for 48 hours.**

### **Special Diets**

Some children may not eat particular foods for medical or religious reasons. The Medical Centre and the Catering Department keep lists of special diets.

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## **Boarders' health and wellbeing**

### **Medicines**

Young teenagers are allowed to keep their own medicine and self-medicate if deemed sufficiently responsible to do so. This means that pupils will keep medicine in their study bedrooms. The house staff will have been informed in all but confidential cases and the pupils will have signed the agreement that they can self-medicate. This form will be completed during their initial meeting with the School Nurse who visits the boarding house on a weekly basis.

Pupils must keep all medicines in a secure place in their own rooms, such as the lockable drawer. No medicines (prescribed or "over the counter") may be left in public places, such as common rooms or pigeon holes. Pupils will be encouraged to give medicines to house staff for safe keeping. These will be recorded in the medical cupboard inventory and kept in a locked cabinet.

In some instances, it will be deemed best practice for house staff to administer prescription medicines. In these instances, the medication will be kept in a locked cupboard and a record will be kept when the medicine is administered.

House staff will be able to administer non-prescription drugs such as paracetamol, ibuprofen and piriton, having completed the Administration of Medicines in Schools module on Educare. Parents are able to opt out of this on their original application form (this form is processed by the School Nurses who will amend the pupil records as required). The administration of any such medicine or first aid will be recorded and details will be shared with the School Nurse and Matron by email ([schoolnurse@herefordcs.com](mailto:schoolnurse@herefordcs.com)). The School Nurse will also share details about medication or first aid administered to boarders during the school day by emailing the house email address.

The Procedure:

#### 1 Induction

- Pupils are asked at induction to inform the house staff if they have any medication (page 3 of the Induction Handbook for Boarders);
- If they have any medication then they complete a Medication Form with School Nurse or Houseparent (copy of this form attached);
- School Nurse assesses and records the quantity of medication;
- If pupil deemed to be responsible, they are allowed to keep limited amounts of the medicine under strict guidelines which are shown on Medication Form. The 'responsibility' of a pupil will be reviewed regularly;
- Larger quantities of medicines, or if the pupil is not deemed to be sufficiently responsible, will be kept in the lockable Medicines Cabinet.

#### 2 Storage

- The lockable medicine cabinet is in the Boarding House Medical Centre.
- If pupils are deemed responsible, they have a lockable cupboard in their rooms.

#### 3 Recording

- Medication Form is completed by the School Nurse on her visits to the boarding house and is kept in a lockable cupboard.
- There are regular checks of rooms by staff to ensure medication has not been left unattended. Any unattended medicines are removed, and is recorded. Such events are addressed with the pupils.

### Controlled Drugs

The administration of controlled medicines is documented in the pupil's medical record. The record and quantity of the controlled drug is checked by the school nurse regularly, at least monthly.

Those responsible for administration of controlled drugs receive annual appropriate training, such as the Educare Administration of Medicine in Schools course.

### Medical and Dental Care

There are two sick bays located in Wilmot House.

If a pupil is taken ill during the day at school, they should report to the Medical Centre and will be assessed by the School Nurse. The pupil will be able to rest in one of the beds in the rest room next to the Medical Centre. The School Nurse will contact Wilmot House staff and will co-ordinate their care within school or by taking the pupil back to the boarding house or to Fownhope Medical Centre as appropriate.

If a pupil is ill in the morning, they should report this to the house staff (via a friend if necessary). If the pupil is unable to attend school the Houseparent will arrange for a member of staff to be present in the house throughout the day. The pupil may be moved to rest in one of the sick bays if necessary. The pupil will be given a walkie talkie to be able to communicate with the member of staff.

Pupils will be registered with a GP at the Fownhope Medical Centre, Common Hill Lane, Fownhope, Hereford, HR1 4PZ, 01432 860 235. Appointments should be requested at breakfast and will be arranged by Boarding House staff (it is useful to have DOB when booking appointments). Transport will also be arranged by the boarding staff and they will offer to accompany pupils to the appointment but pupil's confidentiality will be respected if they decline. Pupils deemed Gillick competent may give or withhold consent for their own treatment and confidentiality.

Emergency medical care or out of hours medical care will be dealt with by dialling 111 or 999 or by going to A&E as required.

Emergency dental care will be provided by the NHS Dental Access Centres in Hereford. Parents will be asked to reimburse the School for the NHS charges. Out of hours dental emergencies will be dealt with by dialling 111 or 999 or by going to A&E as required. The NHS Dental Access Centre will provide dental pain relief and a course of routine dental care if required for urgent treatment only. All routine dental care would be expected to be arranged during the holidays at the pupil's place of residence.

Opticians or other specialist appointments can be arranged on request.

## **Wellbeing**

Noticing signs and symptoms of depression and other mental health issues is complicated by adolescence, culture and language.

Maintaining the good wellbeing of our pupils is an important part of their pastoral care. This is supported by the PSHE programme and tutor group activities within school but will also be monitored and encouraged within Wilmot House. Steps to mental wellbeing as printed in the school calendar, and listed here, will be displayed in the boarding house and discussed regularly.

### **Steps to mental wellbeing**

**Look after your health:** eating healthily and ensuring that you get a good night's sleep (undisturbed by technology in your bedroom) is essential for good mental health.

**Be active:** find an activity that you enjoy and make it a part of your life as this will boost self-confidence, enhance self-esteem and reduce stress.

**Think positively:** this gives you the choice to evaluate an outcome in an optimistic but balanced way.

**Connect with the people around you:** spend time developing your relationships with family and friends

**Keep learning:** learning new skills can give you a sense of achievement

**Be kind and give to others:** even small acts of kindness can boost your wellbeing (a smile, a thank you or a kind word)

**Be mindful:** be more aware of the present moment and of the world around you

**Be grateful:** avoid taking things for granted and be thankful for the little things

Reviewed by the School Nurses November 2024

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## Appendix 1 Medicine Administration Policy

### Medication sent in to School:

**Prescribed Medication** – for children who require medication from home to be given during the school day, the School Nurse must be given clear written instructions by the parents when the child arrives at school; the instructions on the dispensing label will also be followed.

**Non-Prescribed Medication brought in to School** – if parents request that non-prescribed medication (e.g. paracetamol, ibuprofen, piriton) be administered during the school day then the School Nurse will oversee this.

**Medication administered on advice of the School Nurse** - the School holds a selection of over the counter drugs, mainly paracetamol, ibuprofen and antihistamine. The School Nurse may administer these drugs to a pupil based on clinical assessment and in accordance with stated prescription guidelines, having first established whether pupils have already taken medication or are under any other medication.

**Medication for Boarding Pupils** – administration of medicines for boarding pupils as detailed in the Boarders’ section in the main body of the policy.

## Appendix 2 Staff First Aid Qualifications

The School holds a regularly updated list of qualifications as a separate list. The School Nurse, in conjunction with the Senior Deputy Head, monitors requirements for and validity of relevant qualifications; this includes ensuring boarding staff hold relevant qualifications. **A list using the structure below is maintained, updated and circulated several times each year and copies are posted in key locations around the School.**

	Name	Type	Provider	Date qualified	Date qualification expires
Senior School Teaching staff	List of First Aiders	e.g. First Aid at Work, Emergency Aid, Level 2 Award in Activity First Aid 2-day	Collingwood First Aid		
Senior School Support staff	List of First Aiders	e.g. First Aid at Work, Emergency Aid	Collingwood First Aid		



### **Appendix 3**

#### **Location of First Aid boxes**

As well as the First Aid kits stored in the Medical Centre and PE Department, Old Deanery, there are First Aid kits in the school mini buses, Wyaside Pavilion, Science Laboratories, Dining Hall kitchens, Sports Hall, the Library, the Portman Building, the Music School, the Zimmerman Building and at Wilmot House.

Specifically, in Science:

Biology Prep Room

Chemistry Prep Room

Physics Prep Room

**Automated External Defibrillators** are located at Reception, Old Deanery, Wilmot House and Wyaside Playing Fields. One is also housed in the vestry of the Cathedral.

## **Appendix 4**

### **MEDICAL EMERGENCIES**

These notes are intended for general guidance to all teaching and non-teaching staff. They are designed to enable staff to cope correctly with a medical emergency in the crucial few minutes between the decision to summon the School Nurse and her arrival on the scene. Upon her arrival she will assume responsibility for any further action taken.

#### **Asthma**

##### **General points**

Pupils with asthma should always carry their inhaler with them and should be recommended by their tutors to lodge a spare, named inhaler in the Medical Centre in case of emergency. Any other medication or equipment, such as a nebuliser, should be deposited in the Medical Centre for reasons of safety.

Pupils who suffer from exercise-induced asthma should be provided with the opportunity, if required, to have a puff of their inhaler before they start exercise. They should always bring their inhaler into the Sports Hall and to Wyeside, and other sporting venues. Pupils should be reminded to take their inhalers on all trips and educational visits.

##### **Asthma attack on the school premises**

Any of the following might trigger an attack: cold (e.g. cold frosty mornings); hay fever; exercise; excitement or prolonged laughing; fumes (e.g. glue, paint, fumes from science experiments); viral infection (e.g. common cold; allergic reaction e.g. food, animals); wood dust; stress (though this rarely in itself triggers an attack).

In no circumstances should a member of staff leave the pupil concerned unattended. The pupil is likely to have experienced such attacks before and will usually know what to do: be advised by him or her as to what is likely to be most effective. There are, however, some standard procedures, in the case of mild attack, which staff should initially follow before assessing whether to summon the School Nurse:

1. Stay calm and reassure the pupil
2. Sit the pupil upright or leaning forwards slightly as this will assist breathing. Don't make him or her lie down. Make sure the pupil is comfortable.
3. Ensure that the reliever inhaler (blue) is taken promptly to open up the narrowed air passages. Administer two puffs.
4. Encourage the pupil to breathe slowly and deeply.

If, after two minutes, the pupil feels that improvement is not quite good enough, encourage him or her to use the reliever inhaler again. If there has been no improvement after five minutes, call the School Nurse on 227 and she will attend to the pupil. If necessary, she will ensure that the reliever inhaler is used again and check that it is being used properly. She will assess peak flows and depending on results and response to Ventolin the pupil will:

- a) sit with the School Nurse until resolved and then go back to class, or
- b) be transferred to hospital accompanied by an adult and parents will be contacted.

## **Anaphylaxis and EpiPens**

If a pupil has the potential of a severe allergic reaction, or Anaphylaxis, to any allergen, they will be prescribed an EpiPen. Pupils are expected to carry their own EpiPens with them at all times. Parents should supply spare EpiPens to be stored in the Medical Room.

A severe allergic reaction may present with the following symptoms:

- Itchy tongue
- Sore or swollen lips
- Rash or itchiness
- Wheeziness or shortness of breath
- Collapse or faintness

The general treatment for the above symptoms will tend to be the taking oral antihistamine initially with two puffs of inhaler, if prescribed. If reaction is severe, or does not respond to treatment, then an EpiPen would be given.

### **Using an EpiPen**

- Remove EpiPen from packaging. Open yellow cap.
- Remove blue end-Hold firm with thumb opposite end to orange tip. Do not cover end with thumb.
- Place EpiPen orange tip at right angles to the thigh.
- Press hard-there should be a click on function
- Hold for 3 seconds
- Remove EpiPen.
- Call 999. Stay with the child. Hand EpiPen and case to Ambulance crew.
- If there is no recovery after five minutes, give further EpiPen injection

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## **Epilepsy**

This is caused by a temporary malfunction in the brain's biochemistry. It is usually controlled by medication taken outside school hours, and it is unlikely that medication would be required during the school day except in the most severe cases. There are two principal forms of this:

### **a) Petit Mal/Absence Seizure**

No specific aid is required, but the seizure should be noted and reported to the School Nurse. Symptoms: the pupil looks blank, stares and may have a slight twitching or blinking for a few seconds. The pupil is unaware of the attack.

### **b) Convulsive Seizure**

This is alarming for the onlooker, but not normally harmful for the pupils, except in case of injury. Be aware of the effect on other pupils who may be frightened or turn to mockery. As soon as the pupil begins to fit, send for the School Nurse. The fit cannot be prevented, so the principal concern is to protect the pupil from injuring him or herself during the fit and to provide care on a temporary basis once he or she has regained consciousness.

Warning signs: the pupil may cry out, their body stiffen and then fall to the floor. This would be followed by convulsions. Alternatively, the fit may begin with an “aura” or warning, e.g. visual, auditory. The pupils will be unconscious or only semi-conscious, and may well be incontinent. He or she may salivate, and the saliva could be flecked with blood (if tongue or cheeks have been bitten). The fit may last a few minutes.

- Ease the pupil gently to the ground and then stand away.
- Clear a space around the pupil, removing any objects on which they may hurt themselves.
- Keep other pupils well away – prevent gathering and staring
- If possible, loosen clothing around the neck and place something soft under the head, but do not try to restrain the convulsive movements. Be careful not to touch the pupil in a way that might be misconstrued by other pupils.

### **Call the Medical Centre**

Do not:

- Try to put anything between the teeth
- Give anything to drink
- Restrain the pupil
- Move or lift the pupil
- Leave the pupil on their own

Once the convulsions have stopped, turn the pupil onto his or her side in the Recovery Position to aid breathing. Wipe away saliva from around the mouth. On regaining full consciousness, the pupil will be confused and disorientated for a while. It is vital to be reassuring and supportive during this period. If the child has been incontinent, arrange for him or her to be covered with a blanket, to minimise embarrassment. The pupil should be provided with the opportunity to sleep after the attack.

It should not normally be necessary to send the pupil home after a seizure, but in all cases the School Nurse should be informed, and she should communicate to the parents that a seizure has occurred.

It is essential, however, for the School Nurse to contact the emergency services and arrange for the pupil to be sent to casualty, accompanied by an adult, if:

- It is the first fit of a pupil not previously diagnosed as epileptic
- A seizure shows no signs of stopping after a few minutes
- A series of seizures takes place without the individual fully regaining consciousness from the fits – a state known as Status Epilepticus
- The pupil seriously injures him or herself in the course of the seizure.

Pupils with epilepsy have individual care plans as actions and medication may vary between individuals.

## **Haemophilia**

This is a condition which leads to inadequate clotting of the blood in response to any form of injury. Pupils with Haemophilia will not bleed any faster, but may bleed for longer. Each pupil, with any medical issue, will have an individual plan of care.

Pupils may administer Prophylaxis treatment personally or by a member of their family. This increases the clotting factor to almost normal levels but then will gradually decrease. The extent of the injury and possible action taken will depend on the length of time since the last treatment.

In the event of a possible injury, contact the School Nurse immediately. She will make an assessment and liaise with family and emergency services, as required. First Aid will be administered as with any other pupil but with extra vigilance for potential bleeding. An emergency Medication kit will be kept in the Medical Room. Provision for sport, trips or any activities other than a normal day at school, will be discussed and planned with the School Nurse, Staff and parents. A risk assessment will be required.

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## **Diabetes**

Pupils suffering from Type 1 diabetes will be Insulin dependent. The most likely diabetic emergency would be a Hypoglycaemic (low blood sugar) attack.

Any of the following might trigger a hypo: delayed/missed meal; wrong insulin dose; more exercise than usual.

Untreated hypos are dangerous and must be treated immediately. Send for the School Nurse without delay.

## **Symptoms**

These will vary from pupil to pupil, but the most common physical and emotional symptoms are:

- Physical: faint, nervous, sweaty, nausea, lack of co-ordination, headache, feeling cold, feeling hungry.
- Emotional: distant, irritable, difficult, weepy, confused, drowsy.

If the pupil becomes unconscious, do not attempt to give anything by mouth as this can lead to choking; immediately summon an ambulance and the School Nurse in that order. The pupil should be transported to hospital, accompanied by an adult.

If the pupil is conscious and requests a snack, they must be allowed to have one and then be sent to the Medical Centre. Students with diabetes are usually aware of this need and carry a suitable snack, e.g.:

- 2-6 teaspoons of jam
- lump sugar
- 1-2 "funsize" chocolate bars
- a half to full can of soft drink (not Diet)
- 1+ dextro energy tablets as required.

If unsure, always give a sugary snack and then alert the Medical Centre

Recovery should be in 5-10 minutes. If the pupil is still feeling "hypo", further dextrosol tablets may be given. It is generally safer to give too much rather than too little. The pupils should not be left unattended and may require a further, longer-lasting snack to follow up, e.g. toast or a biscuit.

The School Nurse should inform the parents that the pupil has had such an attack on the premises.

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## **Head Lice**

When a case of Head lice is detected, a communication is sent out to the parents of the relevant year group. Parents will be advised to be vigilant. Parents are encouraged to contact the School Nurse if more advice is required.

Head lice can be treated with insecticidal shampoo or lubricant lotions, both of which can be purchased. All members of the family should be treated. The treatment should be repeated after two weeks.

Some people find the method of conditioning and combing with a fine nit comb just as effective. Advice can be obtained from Bug-Busting website [www.nits.net](http://www.nits.net). For more general information see <https://www.nhs.uk/conditions/head-lice-and-nits>

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## **Appendix 5**

### **Policy for dealing with a Human Flu Pandemic**

In the event of a flu pandemic being declared, Hereford Cathedral School will follow advice issued by Government and Public Health England as well as Local Education and Health Authority guidelines regarding appropriate action.

Government guidelines recommend that in the event of a pandemic arriving in the country that schools should operate as normal until otherwise advised. Evidence suggests that in the event of a Pandemic, children are highly efficient 'spreaders' of the virus among themselves and to adults and their family and closing the School for a period might significantly reduce the number of children infected. However, this would only occur should circumstances develop that might indicate this would be the most appropriate course of action; the decision will be made by Headmaster in consultation with the local Health and Education Authorities.

#### **Reasons for school closure:**

- To prevent the spread of the flu virus;
  - If many staff were off ill and the School was not able to guarantee adequate supervision;
- If advised to close, this would directly affect Years 7 to 13.

#### **Re-opening the School:**

- The School will re-open once the Local Health and Education Authorities deem it advisable so to do.

#### **Operations during school closure:**

- A "virtual" School would remain open
- Staff will be asked to teach their classes online

#### **Managing a pandemic alert whilst keeping the School open:**

- Signs will be put around the School to remind everyone to maintain high standards of hygiene: washing hands using warm water and soap, not sneezing and spreading germs without the use of tissues, throwing tissues away etc
- Sufficient bins are available around the School to stop the spread of germs. Any pupil or member of staff showing signs of illness would report to the Medical Centre where they will be kept in isolation and sent home as soon as possible.
- A Pupils and Staff sickbay will be made available. The Pastoral Room will become a staff sickbay and pupils not infected needing to visit the Medical Centre will be able to access the Medical Centre as normal. Pupils will be informed of this and encouraged to visit the Medical Centre only if they feel seriously unwell.

#### **Managing the Boarding House:**

- Arrangements will be made for boarders to isolate in the boarding house in accordance with any national guidelines as issued from time to time. Including:
  - Remote learning in rooms
  - Taking meals in rooms
  - Adequate communication between staff and pupils, e.g. walkie talkies, Teams etc.
- Provision of PPE, enhanced cleaning regimes and other measures as recommended by national guidelines, or local authority.

### **Ensuring effective communication with Parents and staff if a pandemic is declared:**

- Advice to parents will be sent home by email and posted on My School Portal
  - Parents will be advised not to send their children to school if they are presenting with any of the viral symptoms and be given advice on maximising hygiene;
  - Parents will be advised that work can be completed online
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## **Appendix 6**

### UNIVERSAL PRECAUTIONS FOR INDIVIDUAL PROTECTION

UNIVERSAL PRECAUTIONS APPLY - ALL SPILLAGE OF BLOOD, VOMIT, AND OTHER BODY FLUIDS SHOULD BE TREATED AS HAZARDOUS.

ALL INDIVIDUALS MUST TAKE ACTION TO PROTECT THEMSELVES AGAINST HIV AND MANY OTHER DISEASES SPREAD BY CONTACT WITH BODY SPILLAGE.

People who are HIV positive or carrying Hepatitis B or C may be unaware of their condition, or may choose not to tell anyone. Many other very unpleasant diseases can also be acquired by direct contact with body spillage and /or poor personal hygiene.

For their own protection, all staff must follow the school guidelines when dealing with any body fluids. However, the School does recognise that in unlikely and extreme conditions, an occasion may arise where First Aid may need to be administered without protection in order to save life, or body fluid may be spilled onto another person. If this occurs, medical advice should be sought as soon as possible.

It is important to clean up body spillage as soon as possible after the incident has occurred. Any member of staff who is first on the scene should ensure that an incident is dealt with as quickly as possible. The School Nurse or member of the Cleaning Department will clean up and disinfect using the appropriate kit, as detailed below. In their absence, the member of staff first on the scene should deal with the spillage.

- Vomit, urine and faeces must be cleaned away immediately using hot water, detergent and disposable paper towels or cloths.
- Wear disposable aprons and gloves.
- Dispose of all materials in a leak proof bag.
- It is advisable that carpeted areas are shampooed as soon as possible after decontamination
- Soiled clothing, including with blood, should be placed in a plastic bag sealed for transporting. They can be safely washed in a washing machine on a standard cycle. A cool pre-wash cycle will help to dispel any blood prior to a hot wash.
- Wash hands thoroughly on completion.