



Fernwood NRG

# COVID-19 Health policies and guidelines for Fernwood NRG Emergency Child Care Programs

## **ORGANIZATIONAL PROCEDURES:**

Upon arrival for your shift wash your hands and for opening shift prepare the bleach disinfecting solution in accordance to the BCCDC.

*1:100 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)\* 10 ml bleach to 990 ml water*

WASH YOUR HANDS, this is one of the best ways to minimize the spread of the virus.

Cough and sneeze etiquette: Cough and sneeze into arm or tissue. Immediately throw away tissue into garbage and wash your hands.

### Drop off Time:

Is between 8:00am to 9:30am (families arriving late should call and coordinate with a staff member for health screening procedures).

### Entering the space:

- We will have only one family dropping off at a time.
- We will ask parents/guardians to stay outside the centre until it is their turn to drop off. So we can maintain six feet of social distancing.
- Parents/guardians are to remain in the cubby area only.
- Please stay six feet away from the parent/guardian during this time. Speak up if someone is in your bubble.
- The Educator will sign the child in and out each day to minimize who comes in contact with the attendance sheet.

## **ILLNESS SCREENING:**

To ensure the health and wellness of the children, yourself and the families in our care please follow the health protocol upon arrival for each child.

1. Families are required to complete a screening questionnaire upon arrival. If they answer yes to any one of the questions the child may not attend the program.

2. Temperatures of each child will be taken by either staff or parents. If you use our underarm thermometer, it must be sanitized between each use. If a child has a temperature they cannot attend program.

#### Normal Temperature Range

- Mouth: 35.5-37.5 C (95.9-99.5 F)
- Underarm: 36.5-37.5 C (97.7-99.5 F)
- Ear (not recommended in infants): 35.8-38.0 C (96.4-100.4 F)

If a child has been identified as having a fever or being sick you must ask the parents to call 811 or their Family Doctor to seek further guidance. Testing is now available for anyone showing mild symptoms of COVID-19. The child must either have a negative test result to return to care or remain away from the centre for 10-14 days.

We have asked parents to limit the number of items that are being brought from home. Please make sure children's belongings are put in their individual cubbies and to keep children's belongings as separate as possible.

Once children have been screened and arrive into program they will immediately go and WASH THEIR HANDS with soap and water for 20 seconds. Parents have been asked to talk about the importance of handwashing with their children and to prepare them for the expectation that handwashing will happen several times a day.

#### **DURING PROGRAM:**

Health and safety guidelines will be updated and adapted as needed as we are following the BC's Ministry of Health and the BCCDC guidelines.

#### **CHILD CARE STAFF WASH YOUR HANDS:**

- When they arrive at the centre and before they go home
- Before handling food, preparing bottles or feeding children
- Between handling raw and cooked food – cross contamination is a risk
- Before and after giving or applying medication or ointment to a child or self
- After changing diapers, assisting a child to use the toilet, using the toilet
- After contact with body fluids (runny noses, spit, vomit, blood)
- After cleaning tasks
- After removing gloves
- After handling garbage
- Whenever hands are visibly dirty



### CHILDREN SHOULD WASH THEIR HANDS:

- When they arrive at the centre and before they go home
- Before eating and drinking
- After a diaper change, using the toilet
- After playing outside or handling pets
- After sneezing or coughing into hands
- Whenever hands are visibly dirty

### Six steps to proper handwashing:

1. Wet hands with warm running water.
2. Apply a small amount of liquid soap. Antibacterial soap is not required.
3. Rub hands together **for at least 20 seconds** (sing the ABC's). Rub palms, backs of hands, between fingers and under nails and creating a lather.
4. Rinse off all soap with running water.
5. Dry hands with a clean, disposable towel.
6. Discard the used towel in the waste container.

Hand washing signs are to be posted in all bathrooms.

If sinks are not available for hand washing, you may use alcohol-based hand sanitizers containing at least 60% alcohol. Please note that this is not very effective when a child's hands are dirty, such as when coming in from outside. **Wash hands with sanitizer the same way you would wash with soap and water for 20 seconds.**

### PHYSICAL DISTANCING

- ❖ Keep physical distancing as much as possible, especially with other staff and parents.
- ❖ Have the children outside often and throughout the day: this could include learning activities, snack time and play time.
- ❖ Ensure you have good ventilation in the centre by opening windows if possible.
- ❖ Only keep enough toys out to encourage individual play. Only offer toys that can be easily cleaned (i.e., **no dress-up clothes or stuffed animals**). **Toys must be cleaned and sanitized after every use.**
- ❖ The use of playdough and goop should be limited as to reduce hand-to-hand contact and cross contamination. Do not set up group food preparation activities.
- ❖ Minimize the frequency of direct physical contact with children when possible. We have less children enrolled which hopefully will make it easier.



- ❖ Establish different expectation based on age and developmental level. Support younger children to have less direct contact with one another and support older children to maintain physical distance (your own bubble).

- ❖ Staff should maintain physical distancing from one another and parents/guardians.

**This means: 6ft**

**2metres or**

**2 Golden Retrievers end to end length wise ☺**

- ❖ Use ideas that work for your program and space.
- ❖ **Avoid close greetings** (e.g., hugs, cuddles, and handshakes). Regularly remind children to keep “Hands to yourself” and to stay within their own bubble.
- ❖ Create games that help children learn about social distancing. Ex. Play music and have children dance with hands outstretched. Be creative!
- ❖ Organize children into smaller groups to minimize direct physical contact.
- ❖ Set up small group provocations to reduce the number of children in a group, for example, set up 2 or 3 areas for colouring or doing crafts.
- ❖ Create space between children during snack, lunch and nap times, by spreading the children out so they are farther apart. If space is limited, place children head-to-toe or toe-to-toe.
- ❖ Redirect children to other areas or centres to decrease direct contact.
- ❖ Encourage children to eat and drink from their own plates and cups.

We will be minimizing the number of additional adults entering our programs, unless they are providing Inclusion support. So at this time there will be no Music, Multi Sport, Story Time, Yoga, or students in our programs. We will allow staff to complete working practicums.

### **LUNCH AND SNACKS:**

FNRG will provide all the children and staff with 2 snacks and a lunch. If any of the children are identified as having dietary restrictions please inform your Team Lead or Director of Child Care. All children’s cups and water bottles must remain at the centre and are to be cleaned and sanitized daily.

All dishes are to be sent to the kitchen to be cleaned and sanitized by the kitchen staff. No staff is to enter the kitchen without the permission of kitchen staff.

Children are not allowed to help serve food at this time.

### **HEALTH POLICY:**

We will continue to use our existing Health policies that we have in place that are laminated in each program, but have made the following additions for COVID-19.

No person who is sick is permitted to enter a Child Care facility—any parent, child or educator with symptoms of illness should not enter.



If a child or staff member starts showing symptoms of what could be COVID-19, it is important to:

- ❖ Contact the child's parent or caregiver to come and pick them up right away. An immediate pick-up is required. Children will not be allowed to return to program for 10-14 days or until they have received a negative test for COVID-19.
- ❖ If a child exhibits any symptoms at home, parents need to notify staff of symptoms and the child must remain at home for 10-14 days or until they have received a negative test for COVID-19.
- ❖ We will have a separate and supervised area where you can promptly separate a child or staff member. If a child becomes sick they will be removed from others until their parent or caregiver can come and pick them up.
- ❖ Any staff member showing symptoms should go home right away. Please be aware that we are running these programs with a limited number of staff, so programs may have to be suspended if we do not have enough staff to operate. Please notify your Team lead or Director of Child care immediately.
- ❖ Continue to practice good hand hygiene and respiratory hygiene such as coughing in elbows instead of hands and throwing tissues out immediately after use. You can offer a child a tissue to cough or sneeze into.
- ❖ Do a thorough cleaning of the space once the child has been picked up.

### **CLEANING AND DISINFECTING**

COVID-19 is a respiratory illness and is transmitted in the same fashion as influenza.

Administrators, teachers, caregivers, parents and students should take the same precautions they do to prevent the spread of influenza.

Make sure you are well-stocked with hand washing, cleaning and disinfecting supplies at all times (i.e., soap, clean towels, paper towels, bleach, laundry soap, multi purpose cleaner and, if needed, 60% alcohol-based hand sanitizer).

**Please let Erin know when you are running low, so that we can order. Good practice is to let Erin know when you are down to one full bottle.**

- Clean and disinfect all toys after every use. If a child puts a toy in their mouth, please put it aside to be cleaned.
- **Garth Homer will not be cleaning toys, so it will be your responsibility.**
- Clean toys with soapy water and then lay out on a clean surface and spray thoroughly with sanitizer. Allow to air dry.
- Clean and disinfect tables before and after use and especially before eating.
- General cleaning and disinfecting of the centre should occur at least **once a day**.



- Frequently-touched surfaces should be cleaned and disinfected at least **twice a day**
  - These include door knobs, light switches, faucet handles, table counters, chairs, electronic devices, gates, tables, phones and any surface that children may touch (shelves, play kitchen, etc)

Can be done once the children are sleeping at naptime and then again at the end of the day when everyone has left.

- Clean and disinfect any surface that is visibly dirty.
- We will be using a bleach solution to disinfect. The solution needs to be re-made each morning. Please see handout for dilution instructions.
- Remove toys and other items that cannot be easily cleaned (e.g., no plush/stuffed toys or dress-up clothing).
- Empty garbage containers daily, at minimum. The city will empty the garbage's in the community centre building.
- Wear disposable gloves when cleaning blood or body fluids (e.g., runny nose, vomit, stool, urine). Wash hands before wearing and after removing gloves.
- Clean and disinfect cots and cribs after each use, and launder crib linens between children.
- Clean diapering stations after each use.
- There is no evidence that the COVID-19 virus is transmitted via textbooks, paper or other paper-based products. As such, there is no need to limit the distribution of books or paper based educational resources to children because of COVID-19.
- Program phones will need to be cleaned and sanitize after each use, for the health and safety of staff please assign one person to answer the phone. Please sanitize phone between uses.
- Keep several cleaning cloths available for cleaning. You are not re use a cleaning cloth if you have used it to clean a contaminated area, immediately put it in the dirty laundry.

#### End of Day cleaning:

At the end of the day please wash and sanitize all high touch surfaces, such as door handles, phones, cell phones, light switches, pens, gates, tables, shelves, and any surface a child/adult may touch throughout the day.

Do a load with napping blankets and sheets daily and spray cots. You should have enough sheets that you can do a load every other day. Start load either after nap or in the morning, so you have enough sheets and cloths for the day.

Please communicate with administrative staff if you require any other custodian support for the main community centre building.

