

123ABC Montessori Childcare

Covid-19 Policies for Parents

Self-isolation and Quarantine

Should children have symptoms like the common cold, influenza or COVID-19, they are to stay home, be assessed by their health care provider and tested for COVID-19. When a child is symptomatic, they should self-isolate with all other householders following the directions provided by their health care provider. Self-isolation is also advised for those who are considered a close contact of a confirmed case and are waiting to see if they develop COVID-19 illness. Quarantine is a term typically reserved for persons who return from travel outside the country are at risk of developing COVID-19

If a child, parent or staff is found to be a confirmed case of COVID-19, public health staff will ensure there is robust contact tracing and management of any clusters or outbreaks. They will also ensure that children, parents and staff have access to health care providers and that appropriate supports are in place.

Personal Measures

Daily Checks for Respiratory Illness and Staying Home When Sick

- All parents, caregivers, children and staff who have symptoms of COVID-19 **OR** travelled outside Canada in the last 14 days **OR** were identified by Public Health as a close contact of a confirmed case **must stay home and self-isolate**.
- Parents must assess their children daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before sending them for child care.
 - o A child may still receive care if another person in their home has symptoms of common cold, influenza, but the child remains asymptomatic.
- If a parent is unsure if they or a child should self-isolate, they should be directed to use the BC COVID-19 Self-Assessment Tool, contact 8-1-1 or the local public health unit. They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.
- Children who are ill, will not be permitted to attend child care.

Pick-up and Drop-Off

- Daily check at drop-off will be conducted by asking parents to confirm that their child does not have symptoms of common cold, influenza, COVID-19, or other respiratory disease. A no-touch thermometer will be used to take the temperature of each child prior to entering the facility.

- Pick-up and drop-off of children will occur outside the child care setting unless there is a need for the parent to enter the setting (e.g., very young children). If a parent must enter the setting, they must wear a mask, maintain physical distance from staff and other children present, and be reminded to practice diligent hand hygiene.
- Parents that are symptomatic must not enter the child care facility.
- Stagger the timings of pick-up and drop-off where possible
- Parents should practice hand hygiene before touching the sign in/out sheet.

Control Measures and Outdoor Spaces

- Whenever possible, children will be outside as much as possible, including for learning activities, snack time and play time.
- Activities will be organized in a thoughtful way, taking into consideration personal measures.
- We have been reassured that playgrounds are a safe environment. Appropriate hand hygiene practices before, during, after outdoor play will be regularly practiced.
- There will be adequate ventilation and open windows where possible.

Physical Distancing and Minimizing Physical Contact

The physical space requirements for licensed child care settings set out in the Child Care Licensing Regulation mean that child care centres have sufficient space to support physical distancing (i.e., maintaining a distance of 2 metres between each other) between staff without reducing the number of children in care at any one time.

- We will minimize the frequency of direct physical contact with children and encourage children to minimize physical contact with each other.
- It is reasonable to establish different expectations based on age and/or developmental readiness. For example: Younger children should be supported to have minimized direct contact with one another, while older children should be supported to maintain physical distance whenever possible.
- Children from the same household (e.g., siblings) do not need to maintain physical distance from each other.

Distancing/Contact Strategies

The following physical distancing strategies are implemented where possible in the child care setting:

- Avoid close greetings (e.g., hugs, handshakes). Regularly remind children to keep “Hands to yourself”.
- **We will:**
 - Organize children into smaller groups and/or spread children out to minimize direct physical contact.

- o Use different room configurations (e.g., separating tables).
- o Set up small group environments to reduce the number of children in a group, for example, set up 2 or 3 areas for colouring or doing crafts.
- Incorporate more individual activities or activities that encourage more space between children and staff.
- o Remove toys that encourage group play in close proximity or increase the likelihood of physical contact. Keep toys that encourage individual play.
- o Help younger children learn about physical distancing and less physical contact by creating games that include basic principles such as “two arm lengths apart”.
- o Using books, individual games, video and online programs as a part of learning so children can sit independently and distanced from each other.
- o Increase the distance between nap mats, if possible. If space is tight, place children head-to-toe or toe-to-toe.
- o Have a separate, supervised area available for children who have symptoms of illness rest until they can be picked up and ensure these areas are cleaned and disinfected after the child has left.
- When possible, stagger snack or meal time to allow spacing between children during meals.
- Minimize the number of additional adults entering the centre, unless that person is providing care and/or supporting inclusion of a child in care (e.g. supportive child care assistants, speech language pathologist, etc.)

Hand Hygiene

Rigorous hand washing with plain soap and water is the single most effective way to reduce the spread of illness. Children and staff can pick up germs easily from anything they touch, and can spread those germs to objects, surfaces, food and people. Everyone should practice diligent hand hygiene. Parents and staff can teach and reinforce these practices amongst children.

Please refer to the [BC Centre for Disease Control \(Covid-19\)](#) website for full details on prevention methods.

Respiratory Etiquette

Children should:

- Cough or sneeze into their elbow sleeve or a tissue. Throw away used tissues and immediately perform hand hygiene (“Cover your coughs”).
- Not touch their eyes, nose or mouth with unwashed hands (“Hands below your shoulders”).
- It is not recommended that children wear cloth or homemade masks.

Other

Children will not share food, drinks, soothers, bottles, sippy cups, toothbrushes, facecloths, and other personal items.

- Label personal items with the child's name to discourage accidental sharing.
- If meals or snacks are provided, ensure each child has their own individual meal or snack. Reusable utensils will be cleaned and sanitized after each use.
- Children will not be allowed to prepare or serve food.
- Parents are to only bring personal comfort items (e.g., stuffies) if they are clean and can be laundered at the end of each day.
- There is no evidence to support the use of medical grade, cloth, or homemade masks for children in a child care setting at this time. Wearing one is a personal choice.

Cleaning and Disinfection

Regular cleaning and disinfection are essential to preventing the transmission of COVID-19 from contaminated objects and surfaces. Child Care settings will be cleaned and disinfected in accordance with the BCCDC's Cleaning and Disinfectants for Public Setting document.

Summaries (Pages 5, 6 and 7):

Control

Appendix A. Summary of Child Care-Based Control Measures



1. STAY HOME WHEN SICK

All children and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.



2. HAND HYGIENE

Everyone should wash their hands more often!

Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.



3. RESPIRATORY AND PERSONAL HYGIENE

Cover your coughs.

Do not touch your face.

No sharing of food, drinks, or personal items.



4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

Spread children out to different areas.

Take them outside more often.

Stagger lunch times. Incorporate individual activities.

Remind children, "Hands to Yourself!"



5. CLEANING AND DISINFECTION

Clean and disinfect frequently touched surfaces at least twice a day.

General cleaning of the centre should occur at least once a day.

Use common cleaning and disinfectant products.

Symptoms

Appendix B. Protocol for child or staff with symptoms of COVID-19 in a child care setting

Child with Symptoms of COVID-19	Staff with Symptoms of COVID-19
<p align="center">IF CHILD DEVELOPS SYMPTOMS AT HOME:</p> <p>Parents or caregivers must keep their child at home for a minimum of 10 days from the onset of symptoms AND until symptoms resolve, whichever is longer.</p>	<p align="center">IF STAFF DEVELOPS SYMPTOMS AT HOME:</p> <p>Staff must be excluded from work, stay home and self-isolate for a minimum of 10 days from the onset of symptoms AND until all symptoms resolve, whichever is longer.</p>
<p align="center">IF CHILD DEVELOPS SYMPTOMS WHILE AT CHILD CARE:</p> <p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Identify a staff member to supervise the child. 2. Identified staff member should immediately separate the symptomatic child from others in a supervised area until they can go home. 3. Contact the child’s parent or caregiver to pick them up right away. 4. Where possible, maintain a distance of 2 metres from the ill child. If this is not possible, the staff member may use a mask if available and tolerated, or use a tissue to cover their nose and mouth. 5. Provide the child with tissues, and support as necessary so they can practice respiratory hygiene. 6. Open outside doors and windows to increase air circulation in the area. 7. Avoid touching the child’s body fluids. If you do, wash your hands. 8. Once the child is picked up, wash your hands. 9. Clean and disinfect the space where the child was separated and any areas used by the child (e.g., bathroom, common areas). 10. If concerned, contact 8-1-1 or the local public health unit to seek further advice. <p>Parents or caregivers must pick up their child promptly once notified that their child is ill.</p>	<p align="center">IF STAFF DEVELOPS SYMPTOMS WHILE AT WORK:</p> <p>Staff should go home right away where possible.</p> <p>If unable to leave immediately, the symptomatic staff person should:</p> <ol style="list-style-type: none"> 1. Separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait for a replacement or to be picked up. 4. Remaining staff must clean and disinfect the space where staff was separated and any areas used by them (e.g., office, bathroom, common areas). 5. If concerned, contact 8-1-1 or the local public health unit to seek further advice.
<p align="center"><i>If a child or staff member is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to child care once symptoms resolve.</i></p>	

Hand Hygiene

Appendix C: When to perform hand hygiene

Children should perform hand hygiene:

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