

# Best Practices for Child Care Programs Operating During COVID-19



## Don't panic, instead be prepared!

### How It Spreads and General Prevention:

- Social distancing -put as much space as possible between you and others.
  - Consider staggering children's entrance and exit times, allowing time for daily health checks.
  - Meet and greet parents at the door or outside the building.
- Use an alternative method to handshaking such as a smile or wave.
- Daily health checks are encouraged of both staff and children.
  - A fever of >100.0 degrees should be considered healthy for purposes of this screening,
  - No contact thermometers are preferred. All other thermometers must have disposable covers or be disinfected between each use.
  - Use isopropyl alcohol or other sterilizing solution to disinfect thermometers. Clean the plastic parts of the thermometer with a soft, dry cloth.
  - Exclude children and staff that show signs of fever, respiratory symptoms (cough, runny nose, sore throat, shortness of breath and rapid breathing).
  - Immediately have the child or staff member in a separate room if they show symptoms throughout the day.

- Monitor absenteeism. Keep a running record of sicknesses in the facility, both staff and child.
- Avoid contact with those who are sick, specifically those diagnosed with COVID-19.
  - If there is a positive case of COVID-19 in a child or adult who has been present in the childcare center, contact the Department of Health (DOH) at 1-877-724-3258 for further guidance.

### Follow Good Hygiene Practices:

- Wash hands often (both staff and children)
  - Upon arrival, immediately wash your hands.
  - After blowing one's nose, coughing or sneezing or assisting a child.
  - After using the restroom or assisting a child.
  - Before and after eating or preparing food.
  - Before and after sensory play, staff and children.
- Avoid touching your face.
- Sneeze or cough into a tissue, or your elbow.
- Use sanitizer only when soap and water is not available.
  - Keep out of reach of children when not in use.
  - Hand sanitizer must be at least 60% alcohol based to be effective.

## Surface and Learning Material Cleaning and Sanitizing:

- Clean and disinfect surfaces daily, as often as possible. This includes but not limited to toys, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, sinks and faucets.
- Clean and sanitize all toys used at the end of each day. Clean, sanitize and disinfect more than usual.

### - Diluted Bleach Solution

- 2 Tbsp. bleach per quart of water in spray bottle to disinfect surfaces.
- To disinfect toys: 1/2 cup bleach per gallon of water.
- Bleach spray should be completely air dry on surfaces to be fully effective.
- If surfaces are visibly dirty, clean them prior to disinfection.
- Always keep out of reach of children.
- Clean any machine washable items on the hottest setting possible. Consider removing all plush items from the classrooms during this time.
- Limit or eliminate children bringing in items from home into the childcare space. Consider, if possible, washing all naptime materials at school.

## Shared Spaces:

- Alter schedules to reduce mixing groups (e.g. stagger large muscle room/outside time)
  - This is a great time to get outside it promotes social distancing and is healthy.
- Open windows when possible to help circulate the air within the facility whenever possible
- Recommended group size is ten or less.
- Spaces for children should be structured to follow the social distancing guidelines (6 feet)
- Practice social distancing at mealtimes.
  - When possible provide individual/bagged lunches and prepackaged, individually wrapped snacks.
  - Forgo family style dining, staff should serve children directly.

- Only staff necessary to maintain state ratio should be in the classrooms.
- Ensure most activities are individual and small groups when possible, rather than the larger group activities.
- Try to limit the amount of item/toy sharing.
  - Keep a bin close by for items that will need a deeper cleaning. Especially in Infant and Toddler spaces.
- Cancel or postpone field trips and outside groups coming into your facility.

## Staff and Parents:

- When possible, allow parents to sign children in/out from outside or as close to the door as possible.
- Children should be brought directly to parents upon pick up, when possible.
- Post reminders of germ sharing, handwashing and ways to prevent COVID-19 from spreading. We have attached a few for your reference.
  - Have an updated emergency plan in place for a possible outbreak. Be sure to know what your next steps are in case multiple cases appear at your facility.

## References:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

[https://mn.gov/dhs/assets/communication-to-child-care-providers-following-exec-order-20-02\\_tcm1053-423087.pdf](https://mn.gov/dhs/assets/communication-to-child-care-providers-following-exec-order-20-02_tcm1053-423087.pdf)

<https://oregonearlylearning.com/>

<https://education.vermont.gov/sites/aoe/files/documents/edu-guidance-child-care-essential-personscovid19.pdf>

Bracing for COVID-19, What Early Childcare Programs Need to Know Now, Webinar

OCDEL- Guidance for Child Care Providers Caring for Children of Essential Personnel During Covid-19, email

## Supply Needs for Providers

<b>Item</b>	<b>Purchase Location</b>	<b>Cost</b>
Clorox Bleach (Concentrated Formula)	Walmart	\$7
Bleach (Regular Formula)	Walmart	\$3
Industrial Blue Vinyl Gloves (Box of 100)	Amazon	\$5
Heavy Duty Spray Bottles- 2 pack	Amazon	\$10
Disposable Plates (Pack of 300)	Walmart	\$11
Disposable Forks (Box of 400)	Amazon	\$15
Disposable Spoons (Box of 400)	Amazon	\$11
Disposable Cups pack of 5oz(pack of 300)	Amazon	\$14
Paper Towels	Walmart	\$10
Clorox Hydrogen Peroxide Wipes	Amazon	\$40
Clorox Hydrogen Peroxide Spray	Amazon	\$19
Thermometer (no touch)	Amazon	\$90
Lysol Spray	Walmart	\$6
Hand Sanitizer	Walmart	\$3
Tissues/Kleenex	Walmart	\$2
Hand Soap Pump	Walmart	\$1
Hand Soap Refill	Walmart	\$5
Toilet Paper	Walmart	\$20
Face Masks	Amazon	\$22
Alcohol Wipes for Thermometer	Amazon	\$11

\$305

# Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

## When should I use?

### Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

### Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

\* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



## How should I use?

### Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

### Alcohol-Based Hand Sanitizer

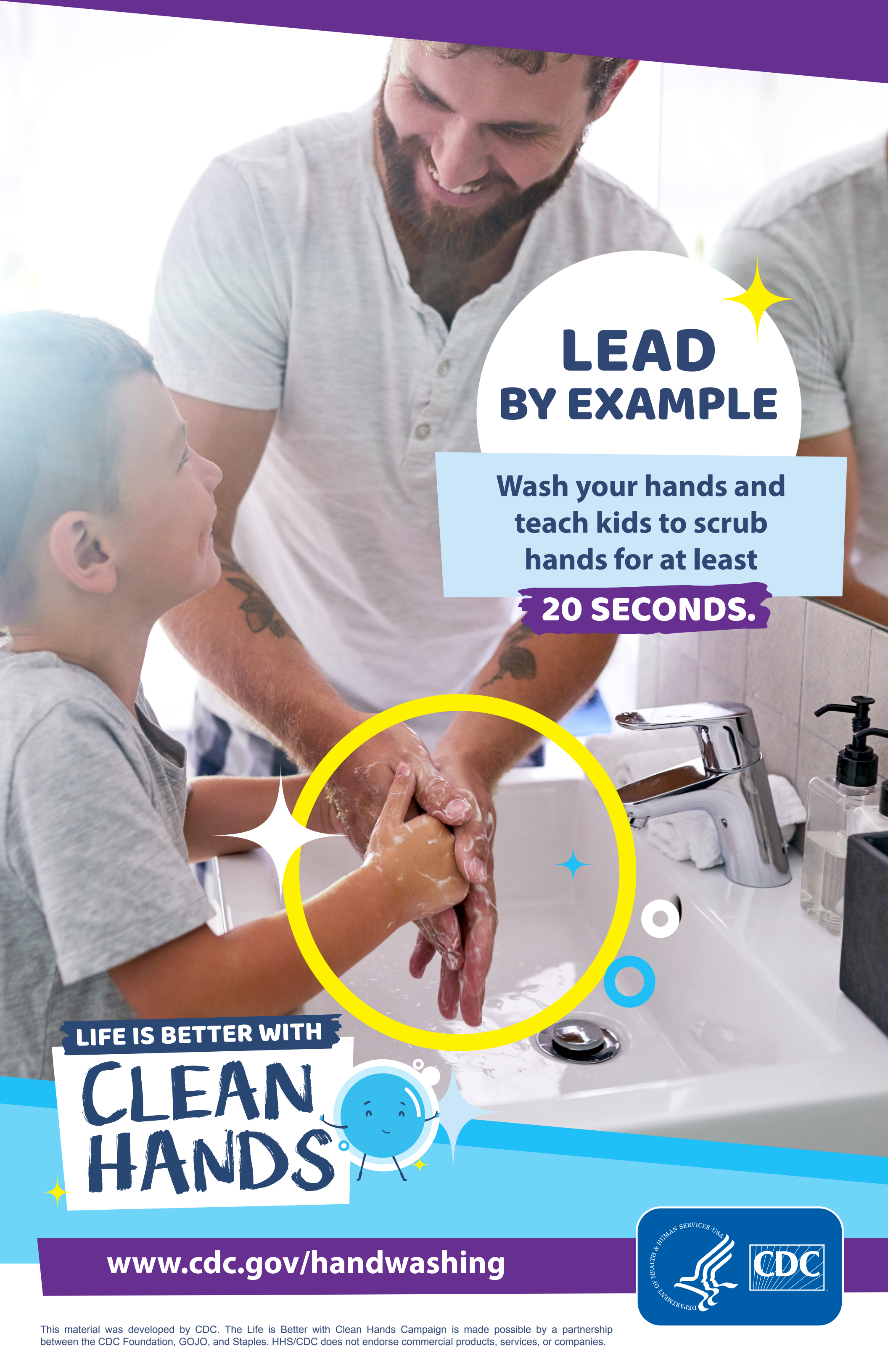
Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

**Note:** Do not rinse or wipe off the hand sanitizer before it’s dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).



**LEAD  
BY EXAMPLE**

Wash your hands and  
teach kids to scrub  
hands for at least  
**20 SECONDS.**

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



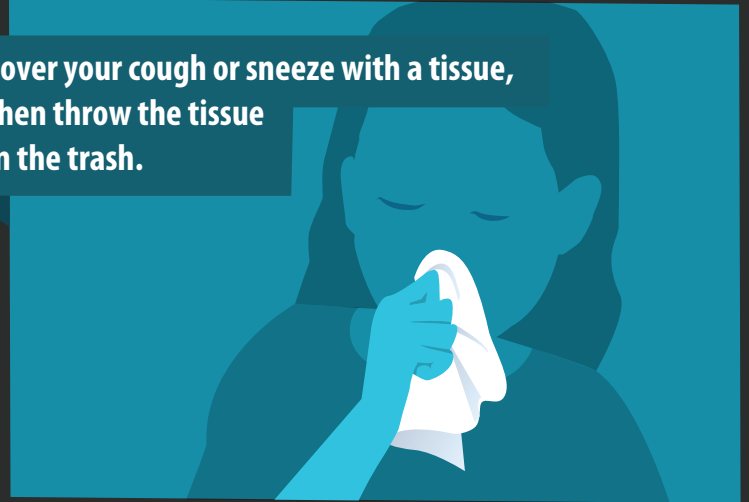
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

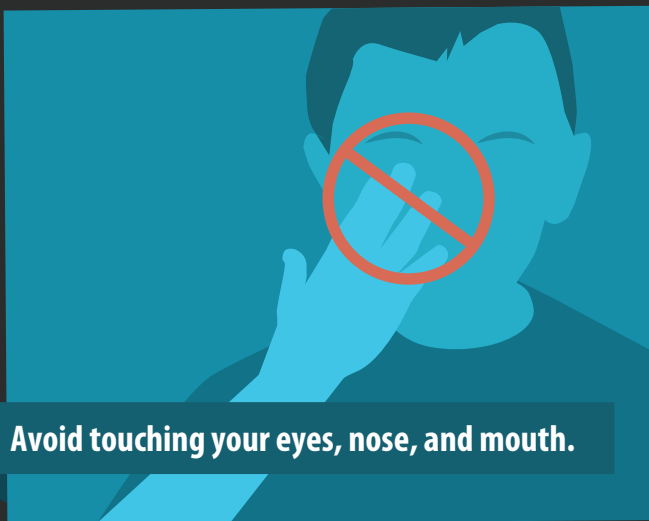
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

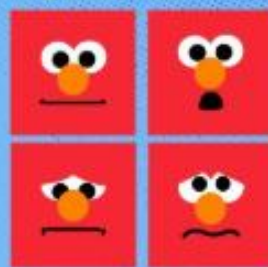


[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Talk to your kids about what they've heard about the **COVID-19**



Ask them how they feel about it.



Explain to them that **COVID-19** is a virus like a cold



and one way to protect ourselves is to protect our eyes, nose, and mouth.



Come up with new ways to say **HELLO.**



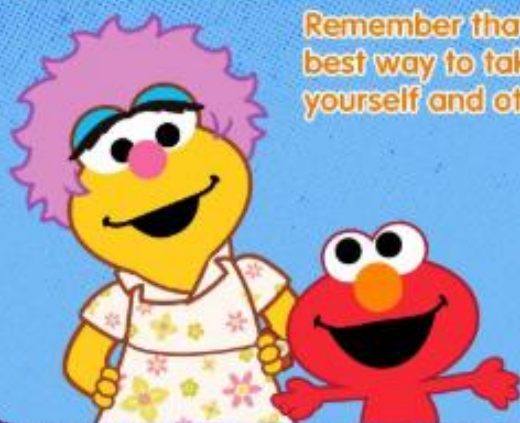
Above all, make sure they feel safe and protected.



Keep yourself informed.



Remember that the best way to take care of yourself and others is to:



**EAT HEALTHY**



**REST**



**WASH YOUR HANDS**



**SNEEZE INTO YOUR ELBOW**





Soap and water are your friends.



Wash your hands frequently

Together water and soap can protect you against COVID-19



Before eating



After going to the bathroom



After playing



Wash every part of your hands for **20 seconds.**

Perfect time to sing your favorite song!



Remember, don't touch:

- Eyes
- Nose
- Mouth



It is good to use hand sanitizer, but don't forget to wash your hands with soap and water any time you can