



## **Guidance and Healthy Practices for Staff, Children, and Families**

### **This is what we are doing**

#### **Drop Off and Pick Up**

- Parents and caregivers must wash their own hands and assist in washing the hands of their children before dropping off, prior to coming for pick up, and when they get home.
- We recommend that parents and caregivers bring their own pens when signing children in and out.
- If needed, hand sanitizers are located, out of the reach of children, near the entry door in the lobby and kitchen.
- Parents and teachers are wearing masks.
- One parent/family at a time in a classroom or lobby.

#### **Screening procedures for all staff and Children**

- All individuals will be asked about any symptoms (primarily fever, cough, difficulty breathing or other signs of illness within the last 48 hours)
- Take your temperatures before arriving to school.
- If anyone has a temperature of 100.4°F/38°C or higher they may not come into the facility.
- Staff and Children's temperature are taken every morning upon arriving to school.
- All staff trained on COVID-19 prevention, symptoms, and transmission.
- Staff and children to avoid MCDC if sick.

#### **Physical Distancing**

- If there are more than 10 children in the classroom, the children will be divided into two small groups and kept separate to the greatest extent possible.
- We are extending the indoor environment to outdoors and bringing the class outside as much as possible.
- Doors are kept open to ventilate facilities.

- Arrange developmentally appropriate activities for smaller group activities and rearrange furniture and play spaces to maintain 6-foot separation, when possible.
- Find creative ways to use yarn, masking tape, or other materials for children to create their own space.

### **Practice Healthy Hygiene**

- Teach, model, and reinforce healthy habits and social skills.
- Explain to children why it is not healthy to share drinks or food, particularly when sick.
- Practice frequent handwashing by teaching a popular child-friendly song or counting to 20 (handwashing should last 20 seconds).
- Teach children to use tissue to wipe their nose and to cough inside their elbow.
- Model and practice handwashing on arrival in the morning, before and after eating, after coughing or sneezing, after playing outside, and after using the restroom.

### **Mealtimes**

- Utilize more tables to spread children out or use name cards to ensure adequate spacing of children.
- Practice proper handwashing before and after eating.
- Teachers are wearing gloves and mask when serving food.
- Immediately clean and disinfect trays and tables after meals.
- Avoid family- or cafeteria-style meals, ask staff to handle utensils, and keep food covered to avoid contamination.

### **Playground**

- Play structure and bikes are wiped down before class enter the playground.
- Water table are dumped and sanitized after every use.
- Tables and other seating are sanitized.

### **Bathrooms**

- Sanitize the sink and toilet handles before and after each child's use.
- Teach children to use a tissue when using the handle to flush the toilet and turning off the water faucet.
- Wash hands for 20 seconds and use paper towels.

## **Napping**

- Space cots 6 feet apart from each other.
- Arrange children's cots head to toe to lessen the possible spread of illness between children from coughing or sneezing.

## **Personal Items**

- All personal items should be labeled and kept in a separate bag to ensure personal items are separate from others.
- During this time, personal toys should be kept at home until further notice (Loveys are OK).

## **Classroom Environment**

- Teachers are frequently cleaning all touched surfaces throughout the day
- A tub is designated for "dirty" toys that need to be cleaned and wiped after use.

## **How to talk to young children about physical distancing**

- Model social distancing when interacting with children, families, and staff.
- Use carpet squares, mats, or other visuals for spacing.
- Create and develop a scripted story around physical distancing, as well as, handwashing, proper etiquette for sneezes, coughs, etc.
- Role-play what physical distancing looks like by demonstrating the recommended distance.
- Give frequent verbal reminders to children.