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**Teeter Tots Early Learning Centre & After School Care**

**PO Box 355**

**Prince George, BC**

**V2L 4S2**

**Phone: (250) 964-2722**

**Website:** [**www.teetertots.ca**](http://www.teetertots.ca)

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**If you’re ill – stay at home;**

All children and staff who are ill with fever, have a cold, influenza, or infectious respiratory symptoms of any kind need to stay at home. If children and staff have symptoms, self isolate for a minimum of 14 days from the onset of symptoms. They may return to childcare once 14 day of self isolation and all symptoms have subsided. The BC Centre for Disease Control’s online assessment tool can help you assess whether you should stay home or not.

**Encouraging hand hygiene;**

Hands pick up germs easily, from anything they touch, and can spread those germs to objects, surfaces, food and people. Handwashing with soap and water is still the single most effective way to reduce the spread of illness. Children forget about proper handwashing so we are practicing often and teaching the to wash their hands properly. When sinks for handwashing are not available, we use alcohol-based hand sanitizer containing least 60% alcohol.

**Children wash 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 in the gyms
* After sneezing or coughing into hands
* Whenever hands are visibly dirty

**Childcare staff wash hands when:**

* They arrive at the Centre and before they go home
* Before handling food, or feeding children
* Between handling raw and cooked foods
* Before and after giving or applying medication or ointment to a child or self
* After changing diapers, assisting a child to use the toilet or using the toilet
* After contact with body fluids (runny nose, spit, vomit, blood)
* After cleaning tasks
* After removing gloves
* After handling garbage
* Whenever hands are visibly dirty

**Cough and sneezing etiquette;**

We are practicing and reminding children and staff to cough or sneeze into an arm or tissue.

**Fever or Cough;**

If a child or staff member starts showing symptoms of what could be influenza or COVID-19:

* Contact the child’s parent or caregiver to come and pick them up right away.
* Have a separate area when we can promptly separate a child from others until their parents can come pick them up
* Any staff showing symptoms should go home right away
* Continue to practice good hand hygiene and respiratory hygiene such as coughing in elbows instead of hands and throwing tissues out immediately after use.
* Do a through cleaning of the space once the child or staff has gone home.

**Maintain cleaning and Disinfecting policies;**

Regular cleaning and disinfecting of objects and high-touch surfaces is very important to prevent the transmission of viruses from contaminated objects and surfaces.

* Ensuring we are well-stocked with hand washing supplies at all times
* Increased how often toys and premises are cleaned (every day)
* Cleaning and disinfecting high-touch surfaces regularly
* Staying on top of waste management, emptying garbage cans often
* Cleaning high-touch electronic devices (i.e., keyboards, phones, tablets)

**Toys;**

We have asked all parents to keep home toys at home during this time.

* Enough toys brought out to encourage individual play
* Offering toys that can be easily cleaned at the end of each day (i.e., no dress- up clothes or stuffed animals)
* No use of playdough or goop have been permitted to reduce hand to hand contact and cross contamination.

**Physical Distancing;**

Social distancing is challenging in a childcare setting. At this time, it is important that we do what we can to try and assist children.

* Avoiding close greetings like hugs or handshakes
* Taking children outside or to gyms more regularly
* Regularly clean and sanitize items that are designed to be shared
* Set up activities within the centre to reduce number of children in a group
* Increasing the space between children during activities such as snack and lunch by moving or separating tables and chairs so they are farther apart
* Discouraging any food or drink sharing
* Eliminated group food preparation
* Minimized the number of non-essential people in the facility
* Reinforce and remind of the rule “keep your hands to yourself”

**Keeping Parents and caregivers informed;**

We are keeping parents and caregivers informed about what we are doing within our childcare centre to take extra precautions through our website [fun@teetertots.ca](mailto:fun@teetertots.ca)