



COVID-19 Health and Safety Measures

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General Preparedness and Planning

Arizona Department of Health Services recommend that childcare services will implement protocols for symptom screening for all individuals entering the establishment, staggered recreational time, prevention of classroom mixing, meals and snacks in separate classrooms where possible, and frequent

cleaning and disinfection. This document addresses these and other health and safety protocols Risen Savior has implemented to reduce risk of infection to children and staff from COVID-19.

Summary of identified plans and resources

- This emergency operation plan includes strategies to reduce the spread of a wide variety of infectious diseases (e.g., seasonal influenza). Effective strategies build on everyday facility policies and practices.
- Critical job functions and positions are teaching staff, front office staff, and the school cook. All team members are encouraged to stay home if sick. Additional cross-training of staff ensures coverage in case people get sick and need to stay home.
- Increased physical space between individuals has been planned for, specifically space between cots at naptime and increase number of classrooms to serve the needs of children.
- Staff members and children will be excluded from the childcare facility if ill. Both staff and children will have temperature checks at check in.

Plan for Staff

- All staff will be educated on the prevention of respiratory viruses, including COVID-19 before May 4, 2020 when we reopen the center.
 - This education includes basic hand washing, respiratory hygiene, and implementation of proper protective equipment. Masks are not mandated in the classrooms, but staff will use masks and gloves in public areas (i.e. teacher workroom, break room) to avoid cross contamination between classrooms.
- Staff are up-to-date on vaccinations, and are encouraged to have their seasonal influenza vaccination early this year.
- Staff will wash their hands and take their temperature in the Staff Lounge prior to clocking in for their shift. Staff must record their temperature on the log provided in the Staff Lounge.
- Team members, custodians, kitchen, and administrative staff are encouraged to increase environmental cleaning of surfaces and objects that are frequently touched, including telephones, desks, remotes, keyboards, toys, and doorknobs.
- Staff will monitor all children for signs and symptoms of new respiratory infections.
 - Children or staff who are symptomatic with respiratory illness will be isolated immediately and be separated from well students and staff until sick students and staff can be sent home. The office next to the Director's Office has been designated as the room for sick children awaiting pick up.
 - Plans are developed to cover classes in the event of increased staff absences. We have coordinated with substitutes to determine their anticipated availability if regular staff members need to stay home if they or their family members are sick.
- Risen Savior will ensure adequate supplies to support hand hygiene behaviors and routine cleaning of objects and surfaces. We will contact Child Care Resource and Referral (CCR&R) Agency if we have trouble accessing supplies.
- Custodians have been informed of all recommendations, so a coordinated approach can be made to ensure proper cleaning of environmental surfaces.
 - Use a bleach-and-water solution (0.1% solution; 1:50 dilution).

- Cleaning solvents must be on EPA's Registered Antimicrobial Products for Use Against Novel Coronavirus SARS-CoV-2, the Cause of COVID-19

Plan for Visitors:

Because of the ease of spread in a childcare facility setting and the severity of illness that occurs in older adults and people with chronic medical conditions with COVID-19, Risen Savior will only allow essential visitors and begin screening visitors even before COVID-19 is identified in their community.

Risen Savior will:

- Post signs at the entrances to the facility instructing visitors to not enter if they have fever or symptoms of a respiratory infection. Ensure that visitors sign visitor logs in case contact tracing becomes necessary.
- All visitors will be asked about fever or symptoms of respiratory infection. Risen Savior will restrict anyone with:
 - Fever or symptoms of respiratory infection (e.g., cough, sore throat, or shortness of breath).
 - Travel within the last 14 days to affected areas based on information on affected areas available on CDC's travel website.
 - Contact with an individual with COVID-19.
- Visitors will be instructed to limit their movement within the facility and will be accompanied in areas where children may eventually be. Examples of these types of visitors would be essential repairs (i.e. A/C repair, plumbing, licensing surveyor, prospective parents)
- Nonessential visitors and classroom volunteers will be very limited, if present at all. Get Director approval before scheduling.

Parent Drop-Off and Pickup

- Hand hygiene stations will be set up at the entrance of the facility, so that children can clean their hands before they enter. Hand sanitizer with at least 60% alcohol is next to parent sign-in sheets. Keep hand sanitizer out of children's reach and supervise use. Sign-in station is outside, and staff will use sanitary wipes for cleaning pens between each use.
- Risen Savior will limit direct contact with parents as much as possible. Parents will call school at (480) 802-1505 after arriving in the school parking lot. A staff member will bring the child to the front door, as parents are signing the child out.
 - Child care providers will greet children outside as they arrive.
 - Designated staff member will be the drop off/pick up volunteer to walk all children to their classroom, and at the end of the day, walk all children back to their cars.

Screening of Children Upon Arrival

Persons who have a fever of 100.4⁰ (38.0⁰C) or above or other signs of illness will not be admitted to the facility. Parents are encouraged to be on the alert for signs of illness in their children and to keep them home when they are sick. Screen children upon arrival, if possible. Other signs of illness include:

- Seems very tired and needs bed rest (a common flu symptom)
- Throws up more than 1 time
- Has 3 or more loose, watery, unformed stools (diarrhea) in 24 hours, not caused by a change in diet or medicine; especially if it runs out of the diaper or underwear
- Cough that interrupts normal play or sleep
- Shortness of breath or increased wheezing during normal activity
- Underarm temperature above 100°F especially if there are other signs of illness
- Earache, headache, sore throat or recent injury that makes it hard to play or sleep normally
- White or yellow eye discharge with pink or red skin inside or around the eye or eyelid
- Rash with a fever or change in behavior
- Mouth sores along with drooling, unless the doctor decides that the child is not contagious

Staff will incorporate social distancing (maintaining a distance of 6 feet from others) or use physical barriers to eliminate or minimize exposures due to close contact to a child who has symptoms during screening.

- Staff member will take the child's temperature upon arrival at the facility. Staff member will stand at least 6 feet away from the parent/guardian and child to take the temperature. Parents of children with a temperature of 100.4⁰ or higher will not be allowed to sign in.
- Staff member will ask the parent/guardian to confirm that the child has not had medication for fever, shortness of breath or cough.
- Make a visual inspection of the child for signs of illness which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness.

You do not need to wear personal protective equipment (PPE) if you can maintain a distance of 6 feet.

Healthy Hand Hygiene Behavior

- All children, staff, and volunteers will engage in hand hygiene at the following times:
 - Arrival to the facility and after breaks
 - Before and after preparing food or drinks
 - Before and after eating or handling food, or feeding children
 - Before and after administering medication or medical ointment
 - Before and after diapering
 - After using the toilet or helping a child use the bathroom

- After coming in contact with bodily fluid
- After playing outdoors or in sand
- After handling garbage
- Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60% alcohol can be used if soap and water are not readily available.
- Supervise children when they use hand sanitizer to prevent ingestion.
- Assist children with handwashing, including toddlers who cannot wash hands alone.
 - After assisting children with handwashing, staff will also wash their hands.
- Place posters describing handwashing steps near sinks. Developmentally appropriate posters in multiple languages are available from CDC.

Clean and Disinfect

Caring for Our Children (CFOC) provides national standards for cleaning, sanitizing and disinfection of educational facilities for children. Toys that can be put in the mouth will be cleaned and sanitized (see below). Other hard surfaces, including diaper changing stations, door knobs, and floors can be disinfected.

Intensify cleaning and disinfection efforts:

- Teaching staff will adhere to the schedule for cleaning and disinfecting.
- Routinely clean, sanitize, and disinfect surfaces and objects that are frequently touched, especially toys and games. This may also include cleaning objects/surfaces not ordinarily cleaned daily such as doorknobs, light switches, classroom sink handles, countertops, cots, desks, chairs, cubbies, and playground structures. Use the cleaners typically used at your facility. Guidance is available for the selection of appropriate sanitizers or disinfectants for child care settings.
- Use all cleaning products according to the directions on the label. For disinfection, most common EPA-registered, fragrance-free household disinfectants will be effective. If surfaces are dirty, they will be cleaned using a detergent or soap and water prior to disinfection. Follow the manufacturer's instructions for concentration, application method, and contact time for all cleaning and disinfection products.
- EPA-registered disposable wipes are provided to staff members so that commonly used surfaces such as keyboards, desks, and remote controls can be wiped down before use. If wipes are not available, please refer to CDC's guidance on disinfection for community settings.
- All cleaning materials will be kept secure and out of reach of children.
- Cleaning products will not be used near children, and staff will ensure that there is adequate ventilation when using these products to prevent children from inhaling toxic fumes.

Clean and Sanitize Toys

- Toys that cannot be cleaned and sanitized will not be used.
- Toys that children have placed in their mouths or that are otherwise contaminated by body secretions or excretions will be set aside until they are cleaned by hand by a person wearing gloves. Clean with water and detergent, rinse, sanitize with an EPA-registered disinfectant, rinse again, and air-dry. You may also clean in a mechanical dishwasher. Be mindful of items more likely to be placed in a child's mouth, like play food, dishes, and utensils.
- Machine washable cloth toys will be used by one individual at a time or will not be used at all. These toys will be laundered before being used by another child.
- Do not share toys with other groups of infants or toddlers, unless they are washed and sanitized before being moved from one group to the other.
- Set aside toys that need to be cleaned. Place in a dish pan with soapy water or put in a separate container marked for "soiled toys." Keep dish pan and water out of reach from children to prevent risk of drowning. Washing with soapy water is the ideal method for cleaning. Try to have enough toys so that the toys can be rotated through cleanings.
- Children's books, like other paper-based materials such as mail or envelopes, are not considered a high risk for transmission and do not need additional cleaning or disinfection procedures.

Clean and Disinfect Bedding

- Use bedding (sheets, pillows, blankets, sleeping bags) that can be washed. Each child's bedding must fit in a zippered backpack to prevent intermingling of germs. Cots and mats are labeled for each child. Bedding that touches a child's skin is sent home to be cleaned weekly.

Outside Playgrounds

- Teaching staff will insure children wash hands before and after playground time.
- Playground cleaning schedule will include spraying toys with bleach water.

Caring for Toddlers and Twos

Diapering

When diapering a child, wash your hands and wash the child's hands before you begin, and wear gloves. Follow safe diaper changing procedures. Procedures will be posted in all diaper changing areas. Steps include:

- Prepare (includes putting on gloves)
- Clean the child
- Remove trash (soiled diaper and wipes)
- Replace diaper
- Wash child's hands
- Clean up diapering station

- Wash hands

After diapering, wash your hands (even if you were wearing gloves) and disinfect the diapering area with a fragrance-free bleach that is EPA-registered as a sanitizing or disinfecting solution. If other products are used for sanitizing or disinfecting, they will also be fragrance-free and EPA-registered. If the surface is dirty, it will be cleaned with detergent or soap and water prior to disinfection.

Washing, Feeding, or Holding a Child

It is important to comfort crying, sad, and/or anxious toddlers and twos, and they often need to be held. To the extent possible, when washing, feeding, or holding very young children: Child care providers can protect themselves by wearing an over-large button-down, long sleeved shirt and by wearing long hair up off the collar in a ponytail or other updo.

- Child care providers will wash their hands, neck, and anywhere touched by a child's secretions.
- Child care providers will change the child's clothes if secretions are on the child's clothes. They will change the button-down shirt, if there are secretions on it, and wash their hands again.
- Contaminated clothes will be placed in a plastic bag or washed in a washing machine.
- Toddlers and twos, and their providers will have multiple changes of clothes on hand in the child care center.
- Child care providers will wash their hands before and after handling sippy cups. Lids, cups, water bottles, and other equipment will be thoroughly cleaned after each use by washing in a dishwasher or by washing with soap, and water.

Food Preparation and Meal Service

- Meals will be served in classrooms instead of Breakfast Club and the Pre-K Lunch Room. Meals will no longer be served family-style. Plate each child's meal to serve it so that multiple children are not using the same serving utensils. Staff will provide each child with eating utensils.
- Food preparation will not be done by the same staff who diaper children.
- Sinks used for food preparation will not be used for any other purposes.
- Caregivers will ensure children wash hands prior to and immediately after eating.
- Caregivers will wash their hands before preparing food and after helping children to eat.

Facilities will follow all other applicable federal, state, and local regulations and guidance related to safe preparation of food.

Guidelines for Food Safety

- Staff will take precautions if they handle and or prepare food.
 - Staff will not work when sick.
 - Staff will not touch ready-to-eat foods with bare hands.
 - Staff will carefully wash their hands with warm water and soap often, especially after using the restroom.

- Staff will follow appropriate food service and handling standards.
 - Food will be served only after reaching proper cooking temperature.
 - Fruits and vegetables will be thoroughly rinsed before cutting or eating.
 - Staff will use a barrier such as tongs, gloves, or other utensils to prevent direct hand contact with food.
- Kitchens in childcare facilities will continue to practice routine environmental cleaning and sanitizing including food contact surfaces and frequently-touched surfaces in food preparation areas.
 - Staff will clean and disinfect any objects or surfaces that may have been touched.
 - Staff will use sanitizers and disinfectants according to directions on the EPA-registered label.

Social Distancing Strategies

Risen Savior continues using preparedness strategies and the following social distancing strategies:

- If possible, child care classes will include the same group each day, and the same child care providers will remain with the same group each day.
- Altered daily group activities that may promote transmission, include:
 - Keeping each group of children in a separate room.
 - Limit the mixing of children, such as staggering playground times and keeping groups separate for special activities such as art, music, and exercising.
 - Children’s cots will be spaced out as much as possible, ideally 6 feet apart. Place children head to toe in order to further reduce the potential for viral spread.
- Curb side drop off and pick up will limit direct contact between parents and staff members and adhere to social distancing recommendations.
- We will follow current guidance about gatherings and events, such as chapel.

Vulnerable/High Risk Groups

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19. To protect those at higher risk, it’s important that everyone practices healthy hygiene behaviors.

- Staff members or teachers age 65 or older, or with serious underlying health conditions, are encouraged to talk to their healthcare provider to assess their risk and to determine if they will stay home.
- Information about COVID-19 in children is somewhat limited, but the information that is available suggests that many children have mild symptoms. However, a small percentage of children have been reported to have more severe illness. Children with underlying health conditions will remain home.

Plan for COVID-19-positive Children or Staff

- Laboratory positive COVID-19 cases will be immediately reported to our Local Health Department. Our staff, parents and volunteers will also be notified.
- Staff members and children will be excluded from the childcare facility if ill.
 - If staff or children have tested positive for COVID-19, they will remain under home isolation precautions for 7 days from specimen collection OR until 72 hours after fever is gone and symptoms of acute infection resolve, whichever is longer.
 - If staff or children has someone in their immediate household that has tested positive for COVID-19, they will remain under home isolation precautions for 7 days from specimen collection OR until 72 hours after fever is gone and symptoms of acute infection resolve, whichever is longer.
 - If staff or children have fever with cough or shortness of breath and have tested negative for COVID-19, they will stay home away from others until 72 hours after fever is gone and symptoms of acute infection resolve.
 - If staff or children have fever with cough or shortness of breath and have not been tested for COVID-19, they will stay home away from others until 72 hours after fever is gone and symptoms of acute infection resolve.
 - If staff or children have other non-compatible symptoms and have not been tested for COVID-19, they will stay home until 24 hours after all symptoms are gone without the use of medicine.
- Cleaning staff will clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces.
 - Close off areas used by the person who is sick.
 - Open outside doors and windows to increase air circulation in the areas.
 - Wait up to 24 hours or as long as possible before you clean or disinfect to allow respiratory droplets to settle before cleaning and disinfecting.
 - If more than 7 days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
 - Continue routine cleaning and disinfection.