

Snc'c'amala?tn
Early Childhood Education Centre

COVID-19
and
HEALTH AND SAFETY PLAN
Parent Information

250-545-3800

Page	3	Introduction
	3	COVID-19 and Children
	4	Registration
	4	Parent Communication
	5	Arrivals and Departures
	5	Greeting Children
	6	Child With Symptoms of COVID-19
	7	When to Get Tested for COVID-19
	8	Ratios and Group Sizes
	8	Physical Distancing Strategies
	8	Staff Physical Contact With Children
	8 - 9	Prevention
	9	Naps and Rest Time
	10	Cleaning and Disinfecting Practices
	10	Procedures for Guests
	11	Universal Precautions
	12	Parent Agreement Form - <i>To be signed and returned to the centre</i>

Introduction

Dear Parents,

Snc'c'amala?tn Early Childhood Education Centre is a licensed child care facility and receives COVID-19 information from the BC Centre for Disease Control (BCCDC), *Public Health Guidance for Child Care Settings*. The last update received is December 20, 2021.

Our team continues to adjust our programs as new information becomes available. We will do everything possible to follow the guidelines recommended for physical distancing and increased cleaning by the BCCDC and Ministry of Health. At the same time, we also want to assure families that children will be cared for in a safe, warm and nurturing environment.

The following is important for you to read and understand. Please be aware that information continues to change as things evolve.

Please feel free to contact me if you have any questions. The Okanagan Indian Band has been proceeding cautiously and thoughtfully, with consideration for the health of the entire community. We would like to thank all of our families for your understanding and support.

Sincerely,

Lorraine Fadan

Manager

COVID-19 and Children

The most important measure to prevent COVID-19 transmission in the child care setting is to ensure that anyone eligible is fully vaccinated. The Okanagan Indian Band requires that all staff are fully vaccinated.

COVID-19 is mainly spread by droplets released when people infected with the virus breathes, coughs, sneezes or talks. COVID-19 can also spread when a person touches a surface or object with the virus on it and then touches their own eyes, nose or mouth, although this is less likely. Variants spread the same way. As of today's information, The Omicron Covid-19 variant is now the dominant strain in BC. Children continue to be a low risk for serious outcomes from COVID-19, including variants of concern detected in the province.

We encourage parents to consult with your health care provider to determine if your child should attend child care if you are uncertain.

*snc'c'amala?tn has implemented Provincial hygiene protocols
but can not fully protect you or your child from contracting COVID 19.*

Registration

1. All registration requirements must be complete before a new child starts in any program, including copies of documents.
2. Please be advised to allow more time when arriving, as additional health and safety procedures upon arrival may take a little longer.
3. Authorized pick-up - We ask that you limit the number of people coming to collect your child and to avoid going back and forth during the day.
4. Do NOT enter the centre if you or your child are sick (even if symptoms resemble a mild cold) or anyone in the household, or if they have been exposed to anyone who may have or has COVID-19.

Parent Communication

- If you call in to say your child will be absent, be sure to inform us as to the reason, which we will take note of on the message.
- It is ESSENTIAL to ensure that an authorized person will be *available to come immediately* to pick up your child from the centre if they become sick.
- Ensure all of your phone numbers and emergency contacts are current.
- You will be asked to sign a memo of understanding indicating that you understand the Health and Safety Plan.
- The centre could close or have further reductions in the number of children in care with short or no notice due to lack of staff, illness outbreak or by order of the Health Authority or OKIB. Parents are to have a backup plan in place.
- All families using daycare or any of our programs are to adhere to BC's Provincial Health Officer mandates on social distancing and other orders and restrictions while outside the daycare and home.

Arrivals and Departures

Hours of Operation:

7:30 am to 5:30 pm.

- Parents are not to enter the centre unless absolutely necessary. You can phone us at 250-545-3800 as you are arriving and a staff member will come to the front door to greet your child and bring them into the centre.
- Arrivals and daily registration procedures will take place in the front lobby of the centre.
- A staff member will screen everyone who comes to the door.
- Use the hand sanitizer at the entrance upon entry.
- Staff will sign children in and out to avoid sharing or disinfecting of pens.
- Parents are to complete a self-screening of themselves and their child each day, for COVID-19 symptoms.
- A staff member will be checking and recording your child's temperature before they may enter the room. A *no touch* thermometer will be used.
- We will be signing in one child/ family at a time, so you may be asked to wait outside.
- If a child has any symptoms, they will be excluded from the child care centre, as per the Health and Safety Plan.
- Individuals who are ill and feeling unwell or have any symptoms of COVID-19, may not drop off or pick up children at the centre.

Greeting Children

A staff member will accompany your child to their cubby and place their outer clothing and belongings in the cubby.

- If a parent must enter the centre, you are to maintain physical distance from staff and other children and family members and practice hand hygiene. Avoid close greetings such as hugs and handshakes.
- Staff will assist children to wash their hands upon arrival before playing.
- Children's belongings will be stored separately in cubbies.
- Please label children's clothing and belongings. Only belongings that are necessary should be brought into the daycare in order to reduce the amount of items coming in and out of the building.

Child with Symptoms of COVID-19

IF CHILD DEVELOPS SYMPTOMS AT HOME

Parents or caregivers must keep their child at home until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.

IF CHILD DEVELOPS SYMPTOMS WHILE AT CHILD CARE

Staff will take the following steps:

1. A staff member will supervise the child.
2. The staff member will immediately separate the symptomatic child from others in a supervised area until they can go home.
3. The parent or caregiver will be contacted to pick the child up right away.
4. As much as possible, a distance of 2 metres will be maintained from the ill child. A mask will be worn.
5. The child will be given tissues, care and support as necessary so they can practice respiratory hygiene.
6. The space used by the child will be cleaned and disinfected.
7. Details will be documented - steps taken, child's name, symptoms and date.

Parents or caregivers must pick up their child promptly once notified that their child is ill.

*If a child tests **positive**, directions from public health must be followed on when they can return. The case will be reported to OKIB Health Department and Interior Health Authority.*

- Staff with Symptoms of COVID-19 as well, for any reason and/or have symptoms of COVID-19 are to stay home. (fever, cough, sneezing, sore throat or difficulty breathing).
- Follow Interior Health guidelines for medical help.
- Contact 8-1-1 or complete the BC COVID-19 Self-Assessment online questionnaire at <https://covid19.thrive.health>
- Self-isolate at home and practice social distancing.

If a child develops any symptoms related to COVID-19, parents will be asked to keep their child home for 10 days from the onset of symptoms.

Children may return **after** 10 days of isolation at home if they are symptom free.

Children may return **before** the end of the 10 day isolation period, if they have proof of a negative COVID-19 test and remain symptom free.

Please watch your child and family members for symptoms. See When to Get Tested for COVID-19 and get tested if symptoms appear.

- The centre regular Illness Policy still applies.
- If public health has confirmed a case of COVID-19, direction will be provided by OKIB Health and Interior Health.
- Children with seasonal allergies don't need to stay home, if the allergy symptoms are the same as they usually are during this time of year (e.g. itchy eyes, runny nose) and can be relieved with antihistamine or allergy medication. If you are unsure if the symptoms are related to allergies, children should stay home and use the self-assessment tool at bc.thrive.health, call 8-1-1 to assess symptoms or be assessed by a health care provider to determine if testing is required.

COVID-19

When to get tested for COVID-19

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others.

If you or your child have any of the symptoms listed below, follow the instructions.

SYMPTOMS		WHAT TO DO
<ul style="list-style-type: none">• Fever (above 38° C)• Chills• Cough	<ul style="list-style-type: none">• Loss of sense of smell or taste• Difficulty breathing	1 or more of these symptoms: Get tested and stay home.
<ul style="list-style-type: none">• Sore throat• Loss of appetite• Headache• Body aches	<ul style="list-style-type: none">• Extreme fatigue or tiredness• Nausea or vomiting• Diarrhea	If you have 1 symptom: Stay home until you feel better. 2 or more of these symptoms: Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.
If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed above: Get tested and stay home.		
Check your symptoms with the B.C. Self-Assessment Tool . If you have any questions, or the symptoms get worse, contact your healthcare provider or call 8-1-1.		

* You will be notified if you are a close contact. For more information on close contacts, go to <http://www.bccdc.ca/covid19closecontacts>

For more information on COVID-19, go to www.bccdc.ca

When a staff, child or other persons entering the setting can return to child care depends on the type of symptoms they experienced as outlined above.

If the test is **negative**, they can return when symptoms improve and they feel well enough.

If the test is **positive**, they must follow direction from public health on when they can return.

Staff, children and parents/caregivers can also use the B.C. Self-Assessment Tool, call 8-1-1 or consult their health-care provider for guidance.

Ratios and Group Sizes

- Infant/Toddler Daycare – The room is licensed for a maximum of 12 children and is at full capacity. Required ratio is one staff for 4 children with two Infant/Toddler Educators and one Early Childhood Educator. Ratios are exceeded at times.
- 3-5 Year Old Daycare / Head Start – The room is licensed for a maximum of 20 children at any time. Ratio is one staff for 8 children. The room has two Early Childhood Educators and a Supported Child Development Worker. As of January 2022, 13 children are registered. Ratios are exceeded at times.
- Preschool – The room is licensed for 20 children. As of January 2022, 11 children are registered in the Preschool program, with two Early Childhood Educators and a Supported Child Development Worker part of the day.
- Kindergarten – A total of 12 children are registered in Kindergarten this year, with a Teacher and Education Assistant.
- Space dependent – Spaces and times in the daycare will be offered to coincide with parents work hours and commuting time, between the hours of 7:30 am and 5:30 pm.
- The same staff will be with the children every day, as much as possible.
- Smaller groups of children will be at activities and lunch tables. Group sizes will be limited in order to allow space to social distance and practice new procedures.

Physical Distancing Strategies

- Children with no symptoms will be treated as we would typically care for a child.
- Toys will be removed that encourage group play in close proximity or increase the likelihood of physical contact. Toys that encourage individual play will be used.
- The children will spend more time outdoors (weather permitting).
- Play areas should be set up to minimize large groups.
- Activities that require direct contact between children (e.g. holding hands) will be avoided.

Staff Physical Contact with Children

It is important to comfort crying, sad, anxious or hurt children. Infant and toddlers often need to be held. Alternate ways to show affection such as air hugs, big waves and air kisses will be used as much as possible.

Prevention

- Hand washing is the simplest, most effective means of controlling the spread of illness including COVID-19. We will continue this practice with increased diligence.
- Universal Precautions will be followed.
- Staff and all adults in the centre must wear a mask or shield.

- Playdough, goop and other kinds of sensory play will be done in individual play bins, one per each child. For example, playdough stored in a margarine container or freezer baggie with the child's name will be reused for that child again and disposed of at the end of the week.
- Sand and water will be used for play. Children will wash their hands before and after.
- No child will be involved in cooking and baking activities.
- Toys that cannot be cleaned and sanitized will not be used such as soft or stuffed toys, dress-up clothes and blankets.
- Food will be served to children, no self-serving.
- Toys and objects that children have placed in child mouths will be set aside in a “to be washed” bin, until they are cleaned and disinfected. Toys, objects, and surfaces known to have been in contact with bodily fluids will be cleaned before being used by another child.
- Blankets, face cloths, towels, and bibs will not be shared by children.
- Children will be taught to cough or sneeze into their elbow, sleeve or a tissue.

Children will wash their hands

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

*When sinks for hand washing are not available, alcohol-based hand sanitizers (ABHS) containing at least 60% alcohol or wipes will be used.

Naps and Rest Time

- Cots will labelled with each child's name.
- Children will sleep on the same cot every day. In the Infant/Toddler Daycare, the nap room will be used.
- Children will have their own bedding, supplied by the centre. Each child’s bedding will be kept separate and stored individually. All bedding will be washed weekly or more often if needed.
- Cots/cribs will be placed as far apart as possible (minimum two meters).
- Cots will be disinfected weekly or more often as needed.
- If cots must be stacked, they need to be disinfected daily and bedding stores separately.

Cleaning and Disinfecting Practices

- The centre will be thoroughly cleaned each evening by the Custodian.
- Spot cleaning and disinfecting will take place during the day by all staff.
- Washrooms and high touch areas such as doorknobs, tap handles and toilet handles will be cleaned in the middle to the day by a part-time Custodian.

Procedures for Guests

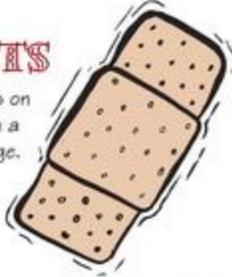
- Visitors are to be pre-authorized visitors (i.e. practicum students/instructors, maintenance personnel, predetermined alternate pick up persons, parent tours, Supported Child Development consultants). Visitors must sign in at the front desk.
- Deliveries will be received outside of the front door of the centre where possible.
- Parent tours will preferably take place by appointment and when the children are outside.
- No walk-in's permitted into program, except in the case of an emergency.
- Special events such as the mini pow wow, holiday gatherings and special performances will be held with just the children and staff until such a time when guests can safely attend.

UNIVERSAL PRECAUTIONS

To avoid getting infected with HIV, Hepatitis B or C or another communicable disease, use the following precautions when you come into contact with any body fluids or fecal matter. In order to be safe and not to discriminate, assume that everyone is infectious.

COVER CUTS

If you have cuts or open sores on your skin, cover them with a plastic bandage.



WEAR GLOVES

If there is any risk of coming into contact with blood or other body fluids, wear latex gloves. Gloves should only be worn once and disposed of in a plastic garbage bag.



WASH HANDS

Wash your hands with soap and hot water for at least 20 seconds after you have had contact with blood or other body fluids, after going to the bathroom, before preparing or eating food, and after removing latex gloves. Use hand lotion to help keep your hands from becoming chapped or irritated. Intact skin is your first defense against infection!



CLEAN UP

Spills of blood or other body fluids should be cleaned up with a fresh mixture of household bleach (1 part) and water (9 parts). Paper towels should be used and disposed of in a plastic garbage bag. Remember to wear latex gloves during clean-up.

DISCARD GARBAGE

Use caution when disposing of garbage and other waste that may contain infected materials or used needles. Discard material soiled with blood or other body fluids in a sealed plastic bag.



WASH CLOTHES

Soiled items should be stored in sealed plastic bags. Wash soiled clothing separately in hot soapy water and dry in a hot dryer, or have clothes dry-cleaned.

For more copies of this poster or other documents on HIV/AIDS, contact the Canadian HIV/AIDS Information Centre
☎ 877-999-7740 ☎ 613-725-1205
✉ aideida@cpha.ca www.aideida.cpha.ca

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Snc'c'amala?tn Early Childhood Education Centre

Please thoroughly review the:

COVID-19

HEALTH AND SAFETY PLAN

After reading the COVID-19 Health and Safety Plan, complete this form and return it to the centre as soon as possible. This form will be kept in your child's file. (Return to Administrative Assistant, dcaddassist@okanagan.org)

Thank you for your cooperation as we do our best to ensure the safety of the children, families and staff while at the centre.

I, _____, the parent/guardian of
(print name)

_____,
_____,
_____,

(child/children's names)

hereby acknowledge receiving and reviewing the Snc'c'amala?tn COVID-19 Health and Safety Plan. I have read and agree to follow everything set forth in this document.

Signature: _____

Date: _____