



BEE HAVEN CHILDCARE

COVID 19 PROTOCOLS AND PROCEDURES



Updated August 29th 2020

Bee Haven Childcare follows all protocols and guidelines for Childcare operators from BCCDC, The BC Ministry of Health, VCH and WorksafeBC

In an effort to maintain health and safety of all staff, children and families during the Covid 19 pandemic please see the below guideline for pick ups and drop offs for Bee Haven childcare.

Pick ups and Drop offs will happen outside for the foreseeable future.

Please make sure your child is dressed for the weather.

- Please maintain a social distance of 2 meters (6 feet) from staff while waiting to pick up or drop off your children.
- Everyone must sanitize their hands upon arrival.
- Children now must have indoor rubber shoes to change into.
- If any member of your family is showing symptoms of Covid 19 or other respiratory illness please stay home for a minimum of 14 days.
- Please check in with staff when you sign in and out - we will fill in the attendance sheets for you.
- If you need to come in to the building for any reason you will be required to wear a mask and gloves.

This is for now - not forever - Dr. Bonnie Henry

Bee Haven Covid-19 Declaration Form.

I understand the Novel Coronavirus (COVID-19) has been declared a worldwide pandemic by the World Health Organization. I also understand that COVID-19 has a long incubation period during which carriers of the virus may not show symptoms and still may be contagious.

I understand that due to the nature of childcare that Bee Haven will not or may not be able to maintain 6ft of physical distance. I further understand the numerous measures that Bee Haven Childcare Centre and staff are taking to reduce the risk of transmitting COVID-19 and they are following the guidelines as set out by the BC Government, the PHO, BCCDC and VCH Licensing.

I am aware that despite these preventative measures, there remains an inherent risk of becoming infected with COVID-19 by proceeding with any in person interaction. This risk includes but is not limited to the symptoms and complications related to COVID-19.

I understand that if Bee Haven Childcare has to close due to an outbreak of Covid 19 in the centre that I will only be eligible for a credit of up to 10 days towards next months fees.

In light of the on going pandemic and the cancellation of the TEF I understand that childcare fees are due monthly in order to hold my spot whether I chose to send my child or not. Two months written notice is now required for any permanent withdrawal.

Please check off if you have any of the following symptom(s):

- ☐ Fever ☐ Chills ☐ New or Worsening Cough ☐ Sore throat ☐ Shortness of breath ☐ Loss of smell
☐ Loss of appetite ☐ New muscle aches or headache ☐ Difficulty breathing ☐ Sore Throat
☐ Flu-like symptoms ☐ Stuffy and runny nose (if yes, does allergy medications alleviate this? Y / N)

If you have marked any of the above symptoms please do not enter centre and self isolate for 14 days.

Please confirm the following:

- ☐ I confirm that our family is **not** presenting with any of the above listed symptoms of COVID-19
☐ I confirm that our family have **not** traveled outside of Canada and returned within the past 14 days
☐ I can confirm that our family have not been in contact with any one who has travelled outside the country and returned within the last 14 days
☐ I have **not** been in close contact with a person who tested positive for COVID-19 and have been following the most current recommendations from the Public Health Office such as physical distancing
☐ I confirm that **should anyone in our family show symptoms or any of the above change I will not send my child/ren to daycare for 14 days.**

Name (printed): _____ Child/rens Name _____

Signature: _____ Date: _____

Bee Haven has posted signage at entrances to all sites to remind people not to enter the site if they or anyone in their family have any of the symptoms associated with COVID-19.

At any drop off you will be asked for verbal confirmation that your children do not have symptoms of common cold, influenza, COVID-19, or other respiratory disease. We will not accept a child drop off if the answer is yes. Parents must keep their children 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 which could be up to 14 days.

Staff with symptoms of COVID-19 will be asked to stay home and self-isolate until they have been assessed by a health care provider or provincial health nurse to exclude COVID-19 or other infectious disease, and all their symptoms have resolved.

We have limited access to any of our facilities. Visits or tours of our sites will only be conducted under strict protocols including masks and hand sanitizer. Visitors will have to remain 6 ft away from staff or children.

Employees are trained on the symptoms associated with COVID-19 and how to spot them. The protocols in place in the event that a child becomes ill while at the facility are as laid out in Appendix B taken from Covid-19 Public Health Guidelines for Child Care Settings.

Appendix A: What to Do if a Camper or Staff Member Develops Symptoms at Camp

<i>If a Camper Develops Symptoms of COVID-19</i>	<i>If a Staff Member Develops Symptoms of COVID-19</i>
<p>IF CAMPER DEVELOPS SYMPTOMS AT HOME:</p> <p>Parents or caregivers must keep their child at home. The camper must self-isolate for a minimum of 10 days from the onset of symptoms AND until symptoms resolve, whichever is longer.*</p> <p>IF CAMPER DEVELOPS SYMPTOMS AT CAMP:</p> <p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Immediately separate the symptomatic camper from others in a supervised area. 2. Contact the camper's parent or caregiver to pick them up as soon as possible. 3. Where possible, maintain a distance of 2 metres from the ill camper. 4. Provide the camper with tissues to cover their coughs or sneezes. Throw away used tissues as soon as possible and ensure the camper and staff member wash their hands. 5. Avoid touching the camper's body fluids (e.g., mucous, saliva). If you do, practice diligent hand hygiene. 6. Once the camper is picked up, practice diligent hand hygiene. 7. Staff responsible for facility cleaning must clean and disinfect the space where the camper was separated and any areas used by them (e.g., bathroom, common areas). 8. Contact 8-1-1 or the local public health unit to notify them of a potential case and seek further input. <p>Parents or caregivers must pick up their child as soon as possible if they are notified their child is ill.</p>	<p>IF STAFF DEVELOPS SYMPTOMS AT HOME:</p> <p>Staff must be excluded from work and stay home. Staff must self-isolate for a minimum of 10 days from the onset of symptoms AND until symptoms resolve, whichever is longer.*</p> <p>IF STAFF DEVELOPS SYMPTOMS AT WORK:</p> <p>Staff should go home as soon as possible. If unable to leave immediately:</p> <ol style="list-style-type: none"> 1. Symptomatic staff should separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait to be picked up. 4. Staff responsible for facility cleaning must clean and disinfect the space where the staff member was separated and any areas used by them (e.g., bathroom, common areas). Take appropriate precautions when cleaning and disinfecting, and ensure to perform hand hygiene upon completion. 5. If concerned, contact 8-1-1 or the local public health unit to seek further input.
<p>*If a camper or staff member is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to camp once symptoms resolve.</p>	

Appendix A. Summary of Child Care-Based Control Measures



1. STAY HOME WHEN SICK

All children and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.



2. HAND HYGIENE

Everyone should wash their hands more often!

Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.



3. RESPIRATORY AND PERSONAL HYGIENE

Cover your coughs.

Do not touch your face.

No sharing of food, drinks, or personal items.



4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

Spread children out to different areas.

Take them outside more often.

*Stagger lunch times.
Incorporate individual activities.*

Remind children, "Hands to Yourself!"



5. CLEANING AND DISINFECTION

Clean and disinfect frequently touched surfaces at least twice a day.

General cleaning of the centre should occur at least once a day.

Use common cleaning and disinfectant products.

Appendix B. Protocol for child or staff with symptoms of COVID-19 in a child care setting

Child with Symptoms of COVID-19	Staff with Symptoms of COVID-19
<p>IF CHILD DEVELOPS SYMPTOMS AT HOME:</p> <p>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.</p> <p>IF CHILD DEVELOPS SYMPTOMS WHILE AT CHILD CARE:</p> <p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Identify a staff member to supervise the child. 2. Identified staff member should immediately separate the symptomatic child from others in a supervised area until they can go home. 3. Contact the child's parent or caregiver to pick them up right away. 4. Where possible, maintain a distance of 2 metres from the ill child. If this is not possible, the staff member may use a mask if available and tolerated, or use a tissue to cover their nose and mouth. 5. Provide the child with tissues, and support as necessary so they can practice respiratory hygiene. 6. Open outside doors and windows to increase air circulation in the area. 7. Avoid touching the child's body fluids. If you do, wash your hands. 8. Once the child is picked up, wash your hands. 9. Clean and disinfect the space where the child was separated and any areas used by the child (e.g., bathroom, common areas). 10. If concerned, contact the local public health unit to seek further advice. <p>Parents or caregivers must pick up their child promptly once notified that their child is ill.</p>	<p>IF STAFF DEVELOPS SYMPTOMS AT HOME:</p> <p>Staff must be excluded from work, stay home and self-isolate until they have been assessed by a health care provider to exclude COVID-19 or other infectious diseases, AND their symptoms have resolved.</p> <p>IF STAFF DEVELOPS SYMPTOMS WHILE AT WORK:</p> <p>Staff should go home right away where possible.</p> <p>If unable to leave immediately, the symptomatic staff person should:</p> <ol style="list-style-type: none"> 1. Separate themselves into an area away from others. 2. Maintain a distance of 2 metres from others. 3. Use a tissue or mask to cover their nose and mouth while they wait for a replacement or to be picked up. 4. Remaining staff must clean and disinfect the space where staff was separated and any areas used by them (e.g., office, bathroom, common areas). 5. If concerned, contact the local public health unit to seek further advice.
<p><i>If a child or staff member is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to child care once symptoms resolve.</i></p>	

HAND HYGIENE AND RESPIRATORY ETIQUETTE

All Centres have hand hygiene stations at the entrance to the workplace. Bee Haven provides Health Canada approved hand sanitizer stations where a sink is not available.

Bee Haven requires all workers, children, and visitors to wash their hands or use Health Canada approved hand sanitizer immediately upon entering the facility.

Bee Haven keeps hand sanitizer out of the reach of children and will supervise its use with all children.

Should a child not be able to use Health Canada approved hand sanitizer every effort will be made to clean hands using soap and water. Staff will carry water and soap specifically incase of allergies.

Bee Haven requires workers to wash their hands regularly throughout the day, including:

- When they arrive at the centre and before they go home
- Before and after handling food (raw, cooked or pre-packaged), preparing bottles or feeding children
- Before and after giving or applying medication or ointment to a child or self
- After changing diapers
- After assisting a child to use the toilet
- After using the toilet
- After contact with body fluids (e.g., runny noses, spit, vomit, blood)
- Before donning and after doffing personal protective equipment
- After cleaning tasks
- After handling garbage
- Whenever hands are visibly dirty

Staff will support children to wash their hands regularly throughout the day, including:

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

Managers have provided education and direction to workers and children to:

- Cough or sneeze into their elbow sleeve or a tissue.
- Throw away used tissues and immediately perform hand hygiene.
- Not touch their eyes, nose or mouth with unwashed hands.

COVID-19 Public Health Guidance for Child Care Settings
Updated: July 8, 2020

Appendix C: When to perform hand hygiene

<i>Children should perform hand hygiene:</i>	<i>Staff should perform hand hygiene:</i>
<ul style="list-style-type: none"><input type="checkbox"/> When they arrive at the child care centre and before they go home<input type="checkbox"/> Before and after eating and drinking<input type="checkbox"/> After a diaper change<input type="checkbox"/> After using the toilet<input type="checkbox"/> After playing outside<input type="checkbox"/> After handling pets and animals<input type="checkbox"/> After sneezing or coughing<input type="checkbox"/> Whenever hands are visibly dirty	<ul style="list-style-type: none"><input type="checkbox"/> When they arrive at the child care centre and before they go home<input type="checkbox"/> Before and after handling food (raw, cooked or pre-packaged), preparing bottles or feeding children<input type="checkbox"/> Before and after giving or applying medication or ointment to a child or self<input type="checkbox"/> After changing diapers<input type="checkbox"/> After assisting a child to use the toilet<input type="checkbox"/> After using the toilet<input type="checkbox"/> After contact with body fluids (e.g., runny noses, spit, vomit, blood)<input type="checkbox"/> After cleaning tasks<input type="checkbox"/> After removing gloves<input type="checkbox"/> After handling garbage<input type="checkbox"/> Whenever hands are visibly dirty



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Hand Hygiene

**SOAP OR ALCOHOL-BASED
HAND RUB: Which is best?**



Either will clean your hands:
use soap and water if hands
are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



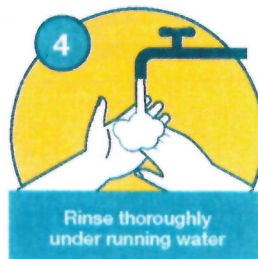
1
Wet hands with warm
(not hot or cold)
running water



2
Apply liquid or foam soap



3
Lather soap covering
all surfaces of hands
for 20-30 seconds



4
Rinse thoroughly
under running water



5
Pat hands dry thoroughly
with paper towel

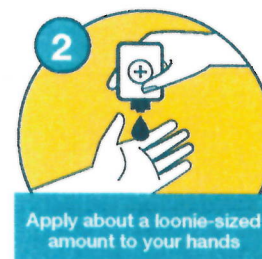


6
Use paper towel
to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly
clean (if soiled, follow hand
washing steps)



2
Apply about a loonie-sized
amount to your hands



3
Rub all surfaces of your hand
and wrist until completely
dry (15-20 seconds)

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If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.

CLEANING AND DISINFECTING

Bee Haven has removed toys from the workplace that have surfaces that are not easily cleaned, such as plush stuffed animals.

Personal comfort items (e.g., stuffed animals) are discouraged but if needed staff will ensure they stay with bedding and they are sent home to be cleaned or laundered at the end of each week.

Bee Haven will be limiting the amount of toys available and remove unnecessary items from the rooms to reduce surfaces that could become contaminated.

General cleaning and disinfecting of the workplace will occur at least once a day with frequently-touched surfaces being cleaned and disinfected at least twice a day.

Toys and objects that children have placed in their mouths will be set aside in a "to be washed" bin, until they are cleaned and disinfected. Toy, objects, and surfaces known to have been in contact with bodily fluids will be cleaned as soon as possible and between uses by different children.

Bee Haven will clean and disinfect cots and cribs after each use. Parents are to provide their own crib linen, the linens should be laundered once a week and placed in a sealed plastic or washable bag before bringing back to the centre.

Bee Haven cleans and disinfects all diapering stations after each use.

When holding young children, for example when feeding or rocking to sleep, Bee Haven staff will endeavour to use a blanket or cloth to cover clothing and will change blankets or cloths between children.

Bee Haven will assign bibs, cloths and towels to individual children and will wash blankets, face cloths, towels, and bibs between uses by different children.

If a worker or child leaves the centre due to symptoms of COVID-19; Bee Haven will clean and sanitize areas those individuals were in, including surfaces they may have touched, immediately upon their departure.



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CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

See Health Canada's **List of hard-surface disinfectants for use against coronavirus (COVID-19)** for specific brands and disinfectant products.

IMPORTANT NOTES:

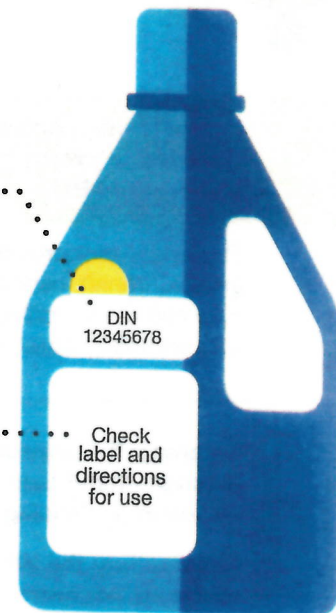
- Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- Follow product instructions for dilution, contact time and safe use.
- All visibly dirty surfaces should be cleaned **BEFORE** disinfecting (unless otherwise stated on the product).

Drug Identification Number (DIN):

A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.

Agents effective against coronavirus:

- Bleach: sodium hypochlorite (5.25%)
- Hydrogen peroxide (0.5%)
- Alkyl dimethyl benzyl ammonium chlorides (QUATs)



List of disinfecting agents and their working concentrations known to be effective against coronaviruses^{1,2}:

Agent and concentration	Uses
1. 1:100 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)* 10 ml bleach to 990 ml water	Used for disinfecting surfaces (e.g. hand railings, grab handles, door knobs, cupboard handles). Make fresh daily and allow surface to air dry naturally.
2. 1:50 dilution Chlorine: household bleach – sodium hypochlorite (5.25%)* 20 ml bleach to 980 ml water	Used for disinfecting surfaces contaminated with bodily fluids and waste like vomit, diarrhea, mucus, or feces (after cleaning with soap and water first). Make fresh daily and allow surface to air dry naturally.
3. Hydrogen Peroxide 0.5% Do not dilute your own.	Used for cleaning and disinfecting surfaces (e.g. counters, hand rails, door knobs).
4. Quaternary Ammonium Compounds (QUATs): noted as 'alkyl dimethyl benzyl ammonium chlorides' on the product label Do not dilute your own.	Used for disinfecting surfaces (e.g. floors, walls, furnishings).

Delleno, Christine, Quinn Vega, and Diane Boesenberg. "The antiviral action of common household disinfectants and antiseptics against murine hepatitis virus, a potential surrogate for SARS coronavirus." *American journal of infection control* 37.6 (2009): 649-652.

Provincial Infection Prevention Control Network of British Columbia. "Infection Prevention and Control Guidelines for Providing Healthcare to Clients Living in the Community." (2014). https://www.picnet.ca/wp-content/uploads/PICNet_Home_and_Community_Care_Guidelines_2014.pdf

The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products.



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If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300

IPC v3.2



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CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

Good cleaning and disinfection are essential to prevent the spread of COVID-19 in BC.

This document provides advice to public groups, transit, schools, universities, child care and other institutions in BC on cleaning for non-health care settings.

Make sure to wash hands with plain soap and water after cleaning or use an alcohol-based hand sanitizer.



OR



Cleaning: the physical removal of visible soiling (e.g. dust, soil, blood, mucus). Cleaning removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from cleaning cloth.

Disinfection: the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

All visibly soiled surfaces should be cleaned before disinfection.

Cleaning for the COVID-19 virus is the same as for other common viruses. Cleaning products and disinfectants that are regularly used in households are strong enough to deactivate coronaviruses and prevent their spread.

Recommendations:

- General cleaning and disinfecting of surfaces should occur at least once a day.
- Clean and disinfect highly touched surfaces at least twice a day and when visibly dirty (e.g. door knobs, light switches, cupboard handles, grab bars, hand rails, tables, phones, bathrooms, keyboards).
- Remove items that cannot be easily cleaned (e.g. plush toys).

Cleaning

For cleaning, water and detergent (e.g. liquid dishwashing soap), or common, commercially available cleaning wipes should be used, along with good physical cleaning practices (i.e. using strong action on surfaces).

Disinfection

For disinfection, common, commercially available disinfectants such as ready-to-use disinfecting wipes and pre-made solutions (no dilution needed) can be used. Use the figure and table below for guidance. Always follow the manufacturer's instructions printed on the bottle.

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300

USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE)

COVID-19 Public Health Guidance for Child Care Settings states that personal protective equipment, such as masks and gloves, are not needed beyond those used by staff as part of regular precautions for the hazards normally encountered in their regular course of work.

Where PPE has been identified for tasks prior to the COVID-19 pandemic, continue to use this PPE when performing these tasks this includes wearing disposable gloves when cleaning body fluids (e.g., runny nose, vomit, stool, urine) and when diapering.

PHYSICAL DISTANCING

- Bee Haven encourages workers to endeavour to maintain a distance of at least 2 metres from each other wherever possible.
- Bee Haven staggers worker break times where possible to allow for physical distancing
- Bee Haven considers placement of children when using multi-seat strollers, for example keeping children within their smaller groupings where able.
- While it is not possible for workers to maintain physical distance from children, and between children all times when in our care; Bee Haven will adhere to the principle of physical distancing where possible, by:
 - Minimizing the frequency of direct physical contact with children.
 - Forming a number of separate play areas in order to space children apart. Note that children who live in the same home do not need to maintain physical distance from each other.
 - Creating smaller groups or cohorts of children and keeping these groups separate from each other.
 - Minimizing the number of different workers that interact with the same child or group of children.
 - Organizing snack/meal areas to space children apart.
 - Organizing nap areas to space children apart and placing children head-to-toe or toe-to-toe.
- Bee Haven will maximize the use of outdoor space for various activities, including play, lessons and snack/meal time.

MEALS AND SNACKS

- Bee Haven does not allow sharing of food or drink by workers or by children.
- Bee Haven will provide snacks directly to children in individual servings using tongs.
- Bee Haven will not allow children to participate in food preparation during the Covid 19 outbreak
- Bee Haven will use a mixture of reusable and disposable dishware, glasses, and utensils that must be cleaned and sanitized after each use or disposed of where necessary and as need dictates.

SUPPLIES

- Bee Haven will provide adequate amounts of high touch materials, such as art supplies, in order to minimize sharing between children and will store children's belongings separately, for example through the use of cubbies or hooks.
- Bee Haven does not allow sharing of soothers, bottles, sippy cups, toothbrushes or other personal items. Parents must label personal items with the child's name to prevent accidental sharing.
- Bee Haven will ensure adequate ventilation and open windows whenever possible.
- Bee Haven will move children outside wherever possible, including play time, snack time, and for learning activities in order to mitigate the spread of Covid 19.

SCHOOL AGE PROGRAMS AND SCHOOL COHORTS

- Bee Haven will unfortunately not be able to adhere to the cohort protocol of SD44. But it should be noted that in elementary schools, students can socialize with peers in different cohorts if they are outdoors and can minimize physical contact or if they are indoors and can maintain physical distance.
- Bee Haven will be spending the majority of time outside playing after school.
- Bee Haven recommends use of non-medical masks in situations where a person cannot maintain physical distance for extended periods of time and is in close proximity with a person outside of their regular contacts. This includes riding the Bee Haven vans to and from school where a child may be sitting next to another child outside of their cohort or household. No student though is required to wear a non-medical mask if they do not tolerate it. Bee Haven provides disposable masks as needed but recommends that parents provide labeled cloth masks for exclusive use at Bee Haven centres.

BUSES AND SCHOOL TRANSPORTATION

- Bee Haven will clean and disinfect the high touch areas of the bus at the start of the day and before afternoon pick ups . Buses used for transporting students will be cleaned and disinfected according the guidance provided in the BC CDC's Cleaning and Disinfectants for Public Settings document.
- Bee Haven will have students sit in their own seat wherever possible, students from the same household can share seats if space is limited.
- Van drivers will clean their hands often, including before and after completing trips and wear a non-medical face mask
- Students will clean their hands before getting in the van. Children are encouraged to wear non-medical masks or face coverings. These should be put on before loading and taken off after unloading.
- Where possible, Bee Haven will open the windows in the van.
- Bee Haven strongly encourages the use of the walking school bus system where possible to centres to allow for outside time.

CLOSURES

Bee Haven works in tandem with our rental partners and may have to close if it is deemed necessary due to an outbreak at any shared site. While every effort will be made to have the least impact on families we will abide by the landlords/partners decision.

Should an outbreak be declared at any Bee Haven centre they will be closed for 14 days and will be completely sanitized by an outside company. Refunds of fees may be considered but are not guaranteed for short term closures.

Bee Haven must seek advice and guidance on any closure, outbreak, contact tracing or reopening from the PHO and VCH Licensing prior to notification to families.

In the event of returning to Stage One lock down by the Provincial Government no fees will refunded until funding is secured.



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Guide for caregivers and household members of those with COVID-19 ('close contacts')

May 22, 2020

If you are caring for or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact.' You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

If the symptoms of the person you are caring for begin to worsen, contact a health care provider for medical attention. If it is an emergency, such as severe chest pains or struggling to breathe, call 9-1-1 or go to the nearest Emergency Department and notify them the person you are caring for has COVID-19 or symptoms.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask (surgical/procedure mask) and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces) and when providing direct contact care.



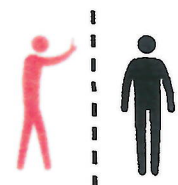
Dispose of gloves and mask after use

- Take off the gloves first without touching the outside of the gloves, and wash your hands with soap and water before taking off your mask.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.



Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but have them drop off deliveries outside your home.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or other items that are put in the mouth.



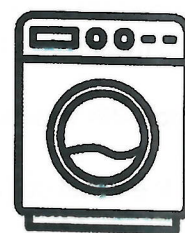
Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables once or twice daily.
- Use store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water, and allow the surface to remain wet for 1 minute.



Wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner.
- Wear gloves and mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19

May 22, 2020
Guide for caregivers and household members of those with COVID-19 ('close contacts')



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Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.





Frequently asked questions (FAQ) for child care operators and staff

COVID-19 has a very low infection rate in children. There are now fewer cases across BC and public health is aware of where the disease is occurring. Most children are not at high risk for COVID-19 infection.

Some children have a higher chance of more serious symptoms if they get COVID-19. This includes children under 1 year of age, those with weakened immune systems and those with pre-existing lung conditions.

This document addresses common questions related to prevention of COVID-19 in child care settings. This includes staying home when sick, encouraging physical distancing and minimizing physical contact, practicing hand hygiene and respiratory etiquette and frequent cleaning and disinfecting.

Check with your health care provider or local public health unit if you have any specific concerns.

For the latest updates to this document, including answers to additional questions, please visit the [FAQ resource on the BCCDC website](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools). (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools>)

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About COVID-19

What is COVID-19?

COVID-19 is a respiratory illness caused by the novel coronavirus. Symptoms may include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat
- Runny or stuffy nose
- Loss of sense of smell or taste
- Headache
- Muscle aches
- Fatigue
- Gastrointestinal issues such as diarrhea or vomiting
- Loss of appetite

Less common symptoms:

- Conjunctivitis (pink eye)
- Dizziness
- Confusion
- Abdominal pain
- Skin rashes or discolouration of fingers or toes

Many children can have the virus without showing any symptoms. However, there is no clear evidence that children without symptoms pose a risk to other children or to adults.

When children do get symptoms, they generally have much milder symptoms than adults. For children, it's important to think about what is usual or unusual about their specific symptoms. For example, a child may have a low grade fever, irritability and a runny nose because they are currently teething or a child may have a runny nose due to seasonal allergies. Check with your health care provider if you have concerns.

To find the latest information about COVID-19 visit covid-19.bccdc.ca. To assess your own, use the self-assessment tool at bc.thrive.health.

How is COVID-19 spread?

COVID-19 spreads through respiratory droplets when an infected person coughs or sneezes. Respiratory droplets are small liquid particles that may travel about a metre through the air before settling on a surface. The virus is spread when a droplet comes in contact with a person's mouth, nose or eyes.

It can also be spread when a person touches an object or surface with the virus on it, and then touches their mouth, nose, or eyes before washing their hands.

COVID-19 is not airborne (i.e. spread through particles floating in the air) and will not stay in the air for long.

Can child care staff get tested for COVID-19?

Anyone with symptoms, however mild, can get tested for COVID-19. If you have no symptoms, you do not require a test.

Use the [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health) to help determine if you need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. (<https://covid19.thrive.health>)

For more information, or to find a local collection centre in your area, visit the [BCCDC Testing page](https://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing). ([http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing](https://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing).)



Assessing risk

What is the risk of COVID-19 for children and staff?

Children are at a low risk of catching and spreading COVID-19. In BC, children have had a much lower rate of COVID-19 infection than adults. Children who have developed COVID-19 have most likely acquired it from adults in the household setting.

COVID-19 is more likely to spread between adults than among children.

Ensuring you follow public health prevention strategies (such as frequent and thorough hand washing, avoiding touching your face, staying home when sick, and avoiding direct physical contact / maintaining physical distancing) can reduce the risk of COVID-19 for everyone.

Can an asymptomatic child who lives with a person (e.g. a parent, caregiver or sibling) who is exhibiting symptoms of COVID-19 still attend child care?

Children who are asymptomatic do not need to self-isolate unless advised by public health.

Should the symptomatic household member be diagnosed with COVID-19, all household and close contacts will be contacted by public health and required to stay home and self-isolate.

If a child lives with a person with confirmed COVID-19, can the child still attend child care?

No. People who live with a confirmed COVID-19 case will have been asked by public health officials to self-isolate at home, and cannot return to child care until approved by public health.

For more information on living with someone with COVID-19, visit the [BCCDC Self-Isolation](https://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf) page. (http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf)

Are pregnant women at a higher risk for COVID-19? Should they continue to work in child care settings?

Pregnant women are not at higher risk of getting COVID-19 or developing severe disease.

Pregnant staff should consult their health care provider to assess their risk and to determine if they should work.

Pregnant women however need to be careful with the hand sanitizer they use. Read the label before use as some products are not appropriate during pregnancy or when breastfeeding.

For more information, visit the [BCCDC Pregnancy](https://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/pregnancy) page. (<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/pregnancy>)

Continued →



Assessing risk (cont.)

Should staff with underlying health conditions continue to work in child care settings?

People with chronic health conditions such as diabetes, heart disease and lung disease may be at higher risk of developing more severe illness or complications from COVID-19.

Staff with underlying health conditions should consult their health care provider to assess their risk and to determine if they should work.

For more information, visit the [BCCDC Priority Populations](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations) page. (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations>)

Should centres accept infants and/or children who are more vulnerable?

Younger infants (under age 1 year), children and youth with immune suppression (e.g., juvenile arthritis, childhood cancers, and diabetes) and medical complexity are considered more vulnerable (visit the [BCCDC Priority Populations](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations) page for further details). (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations>)

Parents are encouraged to consult with their health care provider to assess their risk and determine if they can send their child to care.

Child care centres should always have care plans for vulnerable children.

Is it safe for staff who have elderly household members, or older adults with underlying health conditions living in their house, to continue to work in child care settings?

Yes. It is safe for child care staff who have elderly household members or older adults with underlying health conditions living in their house to work in child care settings.

They should follow good infection prevention and control and hand hygiene practices before work and after work, as described in the [COVID-19 Public Health Guidance for Child Care Settings](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-childcare.pdf). (<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-childcare.pdf>)

For more information, visit the [BCCDC Priority Populations](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations) page.

Is there a risk to looking after children of health care workers who work with COVID-19 patients?

There is no evidence that children of health care workers (HCWs) are at increased risk of COVID-19 infection than children of non-HCWs. This is likely due to precautions used in the healthcare environment as well as careful monitoring of HCWs for symptoms and follow-up of their household contacts.



Sickness at child care settings or at home

What is a “health-check”? When and how do we do them?

A “health check” helps to keep track of our health and to monitor development of any symptoms of COVID-19.

Staff should learn about common COVID-19 symptoms to:

- Teach older children about common symptoms so they can let staff or their parent/caregiver know if they don't feel well.
- Monitor themselves daily for symptoms.
- Encourage parents and caregivers to check their child(ren) daily for symptoms before bringing them to child care.

Use the self-assessment tool at bc.thrive.health to assess symptoms.

What should staff and children do if they get sick while at home?

Use the self-assessment tool at bc.thrive.health or call 8-1-1 to assess symptoms and determine if testing is required.

Staff, if diagnosed with COVID-19, must be excluded from work and stay home for a minimum of 10 days from the onset of symptoms, until their symptoms improve and they no longer have a fever. Staff with COVID-19 cannot return to work until allowed by public health.

Parents or caregivers must keep their sick child at home until they are assessed by a health care provider.

Who must stay at home even if they are not sick?

If someone has travelled outside of Canada, they must self-isolate for 14 days upon return. Returning travellers who develop symptoms of COVID-19 during this time period should go for testing, but will still be required to complete their 14 days of self-isolation if they test negative. Those who test positive will be advised on further isolation by public health.

If someone was told by public health or a health care provider that they are a close contact of a COVID-19 case, self-isolation is required for 14 days from the day of last contact.

Continued →



Sickness at child care settings or at home (*cont.*)

What should happen if staff or children become sick while at child care?

Staff should follow the plan created and approved by the Ministry of Health, [found here in Appendix B](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-childcare.pdf).
(<https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-childcare.pdf>)

Should children or staff with seasonal allergies stay home?

Children and staff 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, then no specific action is needed.

If children or staff are unsure if the symptoms are related to allergies, they should stay at 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.



Child care safety guidance for parents



Why are parents encouraged to return their child to child care settings?

- ✓ ***Child care settings have many benefits, including: spaces for healthy eating, exercise, social and emotional development and connecting with others.***
- ✓ ***These benefits help with the physical and mental well-being of children.***
- ✓ ***There are no extra risks in child cares than in other public spaces.***
- ✓ ***Children are less likely than adults to catch or spread COVID-19***
- ✓ ***Continuing child care operations gives access to child care for parents who need to work.***

What's the risk of COVID-19 for young children?

Very few children get sick from COVID-19. In BC, children have had a much lower rate of COVID-19 infection than adults. If children do get sick with COVID-19, they have mild symptoms. Parents should focus on preventing the spread of COVID-19 between adults.

Some children may have a higher chance of more serious symptoms if they get COVID-19. This includes children under 1 year of age, those with weakened immune systems and those with pre-existing lung conditions. Check with your healthcare provider if you have concerns.

You can learn more about COVID-19 at bccdc.ca/covid19. You can check your symptoms using the self-assessment tool at bc.thrive.health.



How can I protect my child(ren) and others from COVID-19?

If your child is healthy and not showing symptoms, it is your choice to send them to a child care setting. All child care settings have put measures in place to help reduce the spread of the virus. You can protect your loved ones and others by following the guidelines below.

Keep your child home if they are sick



- Check in with your child(ren) daily to see if they have COVID-19 symptoms.
- If they have symptoms: (a) do not send them to child care; (b) get them tested for COVID-19.
- Be aware of common COVID-19 symptoms. Teach your children about them if they are old enough to understand.
- If a parent is sick, but does not have COVID-19: their child can be sent to child care if the child does not have symptoms
- If a parent has COVID-19, their child cannot go to child care until allowed by public health

Practice prevention before and after child care



- Have everyone wash their hands before they leave for child care and after they get home.
- When dropping off and picking up children, adults should keep 2 metres from other adults not in their own household.
- Drop off your child(ren) at drop-off times assigned by staff. Avoid going into the child care setting if possible.
- Clean all items the child takes to child care, (e.g., toys, backpacks, bottles, sippy cups and lunch containers) before and after child care.

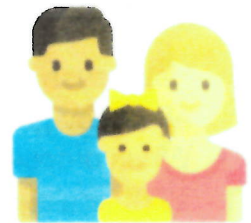
Outside of the child care setting:

- Follow all guidance from public health.
- Limit play dates to the same children as much as possible.



Teach children about prevention

- Wash hands often, including before and after they play, go outside, eat, use the washroom or touch shared things like toys.
- Be aware that some hand sanitizers are not safe for infants, children and pregnant or breastfeeding women. Use an alcohol-based hand sanitizer that is approved by Health Canada. Read labels carefully.
- Encourage children to avoid physical contact. This is more important than keeping 2 metres apart
- Teach kids about keeping their hands below their shoulders, so they don't touch their face.
- Cover coughs and sneezes with elbow/tissue.
- Put tissues straight in the garbage.
- Masks are not recommended for any children in child care settings. Children under two years of age should not wear masks. For children over two years of age, masks may lead to increased touching of the face. Some parents may choose to have their older children wear a non-medical mask.
- Avoid sharing food, drinks, soothers, bottles, sippy cups, toothbrushes and other personal items.



Be open and honest with kids and teens

- Listen to children who might be worried about going back to child care
- Let them ask questions
- Tell children what their child care setting does to help keep them safe
- Maintain familiar activities like mealtimes and outdoor exercise
- Focus on positive behaviours and acknowledge/give kudos to children for their efforts when they follow guidelines, even if they have to be reminded
- Help children realize that they can do a lot to protect themselves and others, such as washing their hands



Public health principles for child care operators and staff

The risk of transmitting COVID-19 in child care settings is low, so staff and children can continue to attend child care settings based on [BC's Restart Plan](#). There are now fewer cases across BC and public health is actively identifying and isolating all new cases and their contacts. Below are four key actions to help prevent COVID-19 in child care settings. These do not replace other guidelines. Check [WorkSafeBC](#), [Childcare BC](#), the [FAQ resource for child care staff](#) and the [BCCDC website](#) for more details.

How can child care settings and staff prevent the spread of COVID-19?

Stay home/go home if you are sick

Why? Staying away from others if you are sick is one of the best ways to protect others from COVID-19.



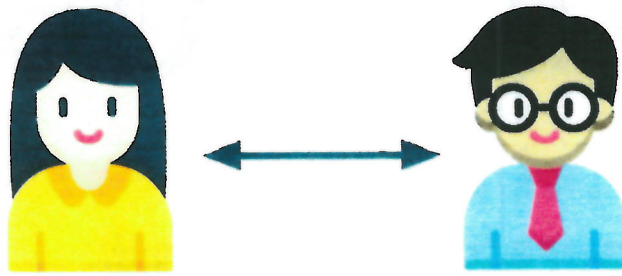
How? All children and staff should stay home and [self-isolate](#) if they:

- Have any symptoms consistent with COVID-19, OR
- Travelled outside Canada in the last 14 days, OR
- Had close contact with a confirmed case or outbreak of COVID-19 and have been directed to self-isolate by public health.

Use the self-assessment tool at [bc.thrive.health](#) or call 8-1-1 to assess symptoms and determine if testing is needed.

Staff should:

- Assess themselves daily for symptoms
- Encourage parents and caregivers to daily assess themselves and their child(ren) before bringing their child to the setting
- If a staff member or child shows symptoms while at the child care setting, send them home as soon as possible then disinfect objects they have touched.



Encourage and role model physical distancing and minimize physical contact

Why? When you cough or sneeze, liquid droplets spread 1-2 metres away from you. You can reduce the risk of COVID-19 by keeping staff and other adults 2 metres apart whenever possible. Staying 2 metres apart is not always possible and is not expected at all times in child care settings.

How? Remember that children are at a low risk of getting COVID-19 or transmitting the virus. Focus on minimizing direct physical contact among young children, rather than on keeping them 2 metres apart. Staff and parents should keep a 2 metre distance from each other and other people's children whenever possible.

Develop practices that support these measures, like:

- No hugging or handshakes
- Drop-off/pick-up rules that minimize indoor congestion
- Put hand sanitizers in drop-off/pick-up area



Clean high touch surfaces often

Why? If you touch your eyes, nose or mouth after touching a surface with the COVID-19 virus on it, you can get sick. Keeping surfaces clean helps prevent the spread of the virus.

How? Making surfaces safe involves three steps:

1. Remove visible dirt from common surfaces with soap and water.
2. Apply household or commercial disinfectants according to instructions
3. Let surfaces dry several minutes before you touch or put anything on them.

You can find more information on cleaning and disinfecting on the [BCCDC website](https://bccdc.ca/covid19).



Practice proper hand washing and cover coughs and sneezes

Why? Proper hand washing destroys the virus on your hands. Safe coughing/sneezing prevents the spread of droplets.

How? Thoroughly wash your hands with soap and warm water for at least 20 seconds. Dry your hands with paper towels - do not use a hand dryer.

Can hand sanitizer be used? If soap and water are not available, [Health Canada approved alcohol-based hand sanitizer](#) can be applied to children under 6 with adult supervision. Please read the label carefully as [certain products are not to be used on children or by pregnant or breastfeeding staff](#). Hand sanitizer is not recommended for use on newborn or preterm infants.

If a child accidentally consumes any amount of hand sanitizer, call the BC Poison Control Centre: 1-800-567-8911.

Staff and children should cough or sneeze into their elbow, sleeve or a tissue. They should avoid touching their eyes, nose or mouth with unwashed hands. Use kind reminders if people are forgetting to do this.



It is not recommended that children wear masks. Masks may be irritating for children and may lead to increased touching of their face and eyes. Wearing a mask is a personal choice for staff or older children and should be permitted.



BC Centre for Disease Control

Camps

This page outlines day camp safety guidance for parents and caregivers.

Why are day camps opening for children and youth?

- Day camps settings have many benefits, including: spaces for learning, making friends, exercise, and social and emotional development.
- These benefits help with the physical and mental well-being of children and youth.
- Staff are ensuring all health and safety guidelines are followed.
- Children and youth are less likely than adults to catch or spread COVID-19.
- Day camps offer childcare for parents who need to work.

Overnight camps for children and youth under the age of 19 remain closed by the Order of the Provincial Health Officer.

What's the risk of COVID-19 for children and youth?

Very few children and youth get sick from COVID-19. In BC, children and youth have had much lower rates of COVID-19 than adults. If children and youth do get sick with COVID-19, they generally have mild symptoms. Parents and caregivers should focus on preventing the spread of COVID-19 between adults.

Some children and youth may have a higher chance of more serious symptoms if they get COVID-19. This includes children under 1 year of age, those with weakened immune systems and those with pre-existing lung conditions. Check with your healthcare provider if you have concerns.

You can learn more about COVID-19 at bccdc.ca/covid19.

How can I protect my child and others from COVID-19?

It is your choice to send your child to day camp if:

- They are healthy and not showing symptoms and
- Have not been identified by public health as a close contact to a positive case of COVID-19 and
- Have finished their 14-day self-isolation period if they have travelled outside of Canada.

All day camps have put measures in place to help reduce the spread of the virus. You can protect your child and others by following the guidelines below.

Keep your child home if they are sick

- Check your child daily to see if they have any COVID-19 symptoms before going to day camp.
- If they have any symptoms:
 - Do not send them to day camp.
 - Use the self-assessment tool at bc.thrive.health, call 8-1-1, or contact your health care provider to see if they need COVID-19 testing.
- Teach them about common COVID-19 symptoms if they are old enough to understand.
- If a parent or caregiver is sick, but does not have COVID-19, their child can be sent to day camp if the child does not have symptoms. Have another parent or caregiver who is not sick bring your child to day camp.
- If a parent or caregiver has COVID-19, their child cannot go to day camp until allowed by public health.

Practice prevention before and after day camp

- Have everyone wash their hands with soap and water before they leave for day camp and after they get home.
- Adults should keep 2 metres from other adults not in their own household when dropping off or picking up their children.
- Drop off your child at drop-off times assigned by staff. Be patient as staff may take longer to sign them in and out. Avoid going into the day camp setting if possible.
- Clean all items your child takes to day camp (e.g., cell phones, bottles, and lunch containers) before and after day camp each day.
- If food is not provided, pack lunches in thermos containers and/or insulated lunch bags with an ice pack and avoid dropping off meals during the day if possible. Be sure to pack a full water bottle.

Outside of the day camp setting

- Follow all guidance from public health
- Limit play dates to the same children as much as possible

Teach children and youth about prevention

- Wash hands often, including before and after they play, go outside, eat, use the washroom or touch shared things like sports equipment, art supplies or toys.
- Be aware that some hand sanitizers are not safe for children and youth. Read labels carefully. Use an alcohol-based hand sanitizer that is approved by Health Canada.
- Encourage children and youth to avoid physical contact. This is more important than keeping 2 metres apart.
- Teach children and youth about keeping their hands below their shoulders, so they don't touch their face.
- Cover coughs and sneezes with elbows or tissues. Put tissues straight in the garbage.
- Masks are not recommended for children in day camp settings as they may lead to increased touching of the face. Some parents may choose to have their older children wear a non-medical mask. Respect others' choices to wear or not wear a mask.
- If an older child wants to wear a mask, show them how to do so safely.

- Avoid sharing food, drinks, and other personal items. Remind children that when using a water fountain to let the water run for 10 seconds and not to put their mouth on the spout. They should also wash their hands before and after using the fountain.

Be open and honest with your children

- Listen to any concerns about going to day camp
- Let them ask questions
- Tell them what their day camp setting is doing to help keep them safe
- Maintain familiar activities like mealtimes and outdoor exercise
- Focus on and acknowledge positive behaviours like hand washing
- Help them realize that they can do a lot to protect themselves and others, such as staying home if they are sick.

Information is also available for [summer day camp operators](#), administrators and staff on preventing COVID-19 and maintaining a safe and healthy environment for campers and staff.

SOURCE: Camps (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools/camps>)
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BC Centre for Disease Control

Playgrounds

Information for parents and families about using playgrounds during COVID-19

Many playgrounds and play structures are starting to re-open for children of all ages. With warmer weather arriving and summer coming, playgrounds are important spaces for getting some exercise and having fun. Although going to a playground is low risk for exposure to COVID-19, there are things you can do to make sure you, your family and your friends stay safe. Information for outdoor playground and spray park **owners and operators** can be found at the bottom of this page.

Stay Home if You or Your Child Feels Sick or Has Symptoms

- Before you go to the playground, ask your child if they feel sick. If you or your child feel sick or have any symptoms of COVID-19, stay at home
 - COVID-19 symptoms are listed [here](#)
 - COVID-19 self-assessment tool is available [here](#), or call 8-1-1 for more information.

Know Before you Go

- Check if the playground, and its bathrooms or change rooms are open
- Review any park-specific notices from your city or region
- While at the playground, your children must be supervised at all times
- Remember that playground equipment won't be cleaned and sanitized regularly

Bring Some Things with You

- Hand sanitizer, wipes, water and paper towels
- Your own toys and sports equipment
- Drinking water
- Hats, sunscreen or clothing for sun protection

Follow the Playground's Signs for Physical Distancing; Avoid Large Gatherings

- If the playground is busy, come back when there are fewer people
- Adults and teenagers should stay 2 metres (6 feet) away from others
- Children are less likely to get sick from COVID-19 so focus on avoiding direct physical contact with other children; this is more important than keeping them 2 metres apart
- Be patient when parking and maintain physical distancing when entering and leaving the park

Reduce Touching and Sharing Outside of your Household

- Try to minimize your child's direct physical contact with people outside of your household
- Ask your child cough and sneeze into their elbows or a tissue
- Encourage your child to keep their hands away from their eyes, nose and mouth
- Don't share toys, bikes or food with people outside of your household `Keep your pets away from others; do not pet other peoples' animals

Wash Hands Often

- Wash hands often, especially:
 - Before and after touching play equipment or shared areas
 - Before and after eating or drinking; try to eat before playing on the playground
 - Before leaving the playground and as soon as you get home
- If you can't wash with soap and water, use a Health Canada approved hand sanitizer (read the label as some are not approved for children). If hands are visibly dirty, first use wet wipes or water to clean hands, then dry them with paper towels and apply the hand sanitizer

Playgrounds infographic

CLICK TO ENLARGE



- [Download this page as a PDF](#)

Owners and Operators

- [Guidance for owners and operators of public outdoor playgrounds and spray parks](#)
- Poster: [Playground and spray park users](#)