

COVID-19 Health and Wellness Policy

First Steps Daycare

We do not recommend that children with any underlying health concerns attend child care programs during the COVID-19 pandemic.

Accordingly, please note the following *COVID-19* Health and Wellness policy, which **applies to all staff and children within this facility**. In the event of a staff illness, our program will be affected in the number of children that we can care for.

On arrival, children will have their temperature taken, with the parent present, **before** entering the daycare. If the child has a temperature, they must be taken home and remain home, as per the health policy, below.

Parents will additionally be asked to sign a statement each morning, confirming that their child is symptom free and that their child has not been given acetaminophen or ibuprofen in the last 12 hours. (A sample copy of this page is included for your information).

Symptom	May return when
Temperature of 100 F / 37.8 C or higher (orally) or 99 F / 37.2 C or higher (under the arm)	May return to child care after 10 days or when symptom free, whichever is longer
Runny nose	May return to child care after 10 days or when symptom free, whichever is longer
Cough	May return to child care after 10 days or when symptom free, whichever is longer
Sore throat	May return to child care after 10 days or when symptom free, whichever is longer
Difficulty breathing or wheezing	May return to child care after 10 days or when symptom free, whichever is longer
Unexplained fatigue, aches or cold/flu-like symptoms	May return to child care after 10 days or when symptom free, whichever is longer
Sinus congestion	May return to child care after 10 days or when symptom free, whichever is longer
Children who have, or children with others living in the same home who have just returned from international travel	May return after self-isolating for 14 days and being symptom free
Children who have, or children with others living in the same home who have been identified as at-risk of potential Covid19 exposure	May return after self-isolating for 14 days and being symptom free

Additionally, our regular health and wellness policy stands:

Children may not attend child care programs while they have any of the following symptoms:

- unusual, unexplained loss of appetite, fatigue, irritability, or headache
- eye infections
- unexplained rashes *or* any rash that is not confirmed by doctor to be non-contagious
- known or suspected communicable diseases (measles, chicken pox, pink eye, hand foot and mouth, etc)
- ear infection
- nausea, vomiting and/or diarrhea in the last 48 hours

When a child becomes sick at First Steps Daycare

- We will separate the child from the others in a supervised area until they can go home. A staff member will remain with the child at all times.
- You will be notified immediately to pick up your child.
- After the child leaves the centre, we will disinfect the area where the child was waiting
- We will contact the local public health unit to notify them of a potential case and seek input regarding the information that should be shared with other parents of children in our centre.
- Children or staff who have been exposed to a confirmed case of *COVID-19* or symptomatic person(s), should be excluded from the childcare setting for 14 days.
- If a child who attended the daycare, or their family member, is being investigated by public health to confirm whether they have *COVID-19*, or if public health has confirmed a case of *COVID-19*, direction will be provided by regional health authority nurses.

Parent Confirmation of Child Wellness During *COVID-19*

I _____ confirm that my child _____

(check all that apply):

___ has had their temperature taken and is currently fever free

___ has not been given any fever reducing medications in the past 12 hours

___ does not have a runny nose OR has a runny nose, but has received a recent negative Covid test and is well enough to participate in daily child care activities

___ does not have a cough OR has a cough, but has received a recent negative Covid test and is well enough to participate in daily child care activities

___ does not have sinus congestion OR has sinus congestion, but has received a recent negative Covid test and is well enough to participate in daily child care activities

___ does not have difficulty breathing or wheezy breathing

___ does not have unexplained fatigue, aches or cold/flu-like symptoms

___ has not been in contact with anyone that may have been exposed to *Covid-19* in the last 14 days to the best of my knowledge

___ has not left the country in the last 14 days

Parent Signature _____

Date _____

Daycare Temp check on arrival: _____ Daycare Temp check midday: _____