

HEALTH AND SAFETY PROTOCOLS

(CMSLN will follow guidance models from DHHS, DCDEE, and the CDC. Additional health and safety procedures are subject to change and can be modified at the discretion of administration at any time)

What steps can you take to prevent the spread of illness at CMSLN?

All sick individuals, parents, students, or staff, are required to stay home.

- The following screening questions will be administered for any and all situations regarding sickness:
 - Have you had a fever - 100° or higher or any fever in the last 3 days?
 - Do you have a cough, sore throat, body aches or headache?
 - Do you have any shortness of breath or difficulty breathing?
 - Do you have chills or repeated shaking with chills?
 - Do you have new loss of taste or smell
 - Do you have any gastrointestinal issues (nausea, vomiting or diarrhea)?
 - Upon a visual inspection, have we seen any changes in the child's baseline – lethargy, paleness, flushed, skin rashes, unusual spots, swelling or bruises, etc.
 - Have you or your child had direct contact with any person with known COVID-19 or person under investigation for COVID-19?
 - Are you or anyone in your home under active quarantine or isolation?

Note: In addition to asking the screening questions, it is important that staff also 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, and confirm that the child is not experiencing coughing or shortness of breath.

Guidelines strictly enforced for all staff and parents:

- Any individual with a fever (100.0°F or above), cough, shortness of breath fever, gastrointestinal upset, new loss of taste/smell, muscle aches, or any of the other signs of illness will not be permitted to enter our child care space. Stay home and away from other people, and contact your healthcare provider to see if you should be tested for COVID-19.
- If you or your child have a positive test for COVID-19 or if your doctor tells you that you or your child probably have COVID-19, you should:
 - Stay home and away from others for a minimum of 10 days from the first day symptoms appear and until you or your child have been fever-free for 72 hours (with no fever-reducing medications).
 - Do not return to the program until you are symptom free
- If you or your child test negative for COVID-19 or your doctor tells you that you do not have COVID-19, you should stay home until at least 72 hours after the fever is gone (with no fever-reducing medications) and symptoms get better.
- Any individual who believes they have had close contact with someone diagnosed with COVID-19 will not be permitted to enter the child care space, regardless of

whether they are symptomatic or not. Exposed individuals should stay home and away from other people, and monitor for symptoms of COVID-19 for 14 days after the last day of contact with the person sick with COVID-19. Exposed individuals should NOT go to work or child care and should avoid public places for at least 14 days.

- All reported positive tests for COVID-19 are required to be reported and documented to DHHS and our Licensing Consultant(Michelle Cutherbertson).

Conducting Temperature Checks

To ensure that staff conducting temperature checks are able to do so safely, the following protocol will be followed:

- Perform hand hygiene.
- Put on PPE - gloves and mask or cloth face covering.
- Check the individual's temperature with a thermometer. **If performing a temperature check on multiple individuals, ensure that a clean pair of gloves is used for each individual and that the thermometer has been thoroughly cleaned in between each check, in accordance with CDC recommendations for infection control.**
- Remove and discard gloves and other PPE, in accordance with [CDC guidance](#).
- Perform hand hygiene.

While children are present at the school, CMSLN will practice the following everyday preventive measures:

- *Social Distancing*. Children should be kept 6 feet apart as much as possible and frequently reminded not to hug, high-five, or have any other physical contact. For more information, refer to the CDC's guidance on [social distancing strategies](#) for child care programs.
- *Hand Hygiene*. Plan ahead to ensure that the program has adequate supplies to promote frequent and effective hand hygiene behaviors. Hand sanitizer and/or soap and water should be ready accessible to all children (as appropriate to their ages) and staff. Post hand washing instructions where they can easily be seen by children and staff.
- Staff should know and follow the steps needed for effective handwashing (use soap and water to wash all surfaces of their hands for at least 20 seconds, wait for visible lather, rinse thoroughly and dry with individual disposable towel).
- Build in monitored handwashing for children at all necessary times throughout the day (upon arrival, before and after meals, after toileting and diapering, after coughing and sneezing, after contact with bodily fluids).
- Children and staff should wash their hands or use hand sanitizer often, making sure to wash all surfaces of their hands (front and back, wrists, between fingers, etc.).
- Children and staff should be instructed to cover their mouth when sneezing or coughing with a tissue or their elbow. They should wash their hands with soap and water immediately afterwards.

- *Staff are required to wear Cloth Face Coverings or masks.*
- *Regular Monitoring for Symptoms of Illness.* Staff should be actively monitoring children throughout the day for symptoms of any kind, including fever, cough, shortness of breath, diarrhea, nausea, and vomiting and children exhibiting signs of illness should be separated from the larger group. Each child care center should have a thermometer on site to check temperatures if a child is suspected of having a fever (temperature above 100°F).

Increase Regular Cleaning and Disinfection Efforts

- All staff will follow the cleaning and disinfecting protocols based on the CDC recommendation.
- Develop and implement a regular cleaning schedule for staff to ensure that all areas, materials, furniture, and equipment used for child care are properly cleaned and disinfected.
- Continue daily cleaning through outside professional cleaning service.
- Provide Fogging, Spraying, Germicidal cleaning through outside professional cleaning service.
- Staff clothing should not be re-worn until after being laundered at the warmest temperature possible.

Preparation of all Faculty/Staff of CMSLN

We have committed to:

- Understanding the signs and symptoms of COVID-19.
- Designating a safe space that is easy to supervise to isolate children who may become sick while in care. The space should offer the child some comfort and allow staff to keep the child away from other children until the child can be picked up.
- Having an emergency backup plan for staff coverage to ensure that you are able to maintain safe and careful supervision of children if a staff member becomes sick.
- Knowing the contact information for the local board of health in the city or town in which the child care program is located. Not only are the local boards of health a great resource for preventative guidance, but if someone is confirmed to have COVID-19 or if there was a secondary exposure, the local board of health will be the first phone call.
- Having available masks or other cloth face coverings available for use by symptomatic children and staff, until they are able to leave the premises.

Health and Safety Reminders for All Families

- A. If a child is feeling unwell in any way, they should NOT be brought to the CMSLN.
- B. Families should take their child's temperature each day before coming to the child care center.
- C. Children with a fever (temperature over 100°F) need to stay home.

- D. Should a child or family member test positive for COVID-19, the family should alert CMSLN immediately.
- E. Families should be prepared to pick up their child at any time in the case that their child gets sick or that CMSLN needs to close for any reason.
- F. Families should remember to practice illness prevention habits with their children, such as covering coughs/sneezes with a tissue or elbow, washing hands often for at least 20 seconds, and practicing social distancing by staying six feet apart from other people and avoiding hugs, high-fives, and other physical contact. All families are encouraged to adhere to the CDC's recommendations for wearing a mask or cloth face covering whenever going out in public and/or around other people.

Daily Screening Protocol

Instructions: The following tool will be used to screen children and staff daily upon arrival. We recommend you implement the same protocol at home before arriving to CMSLN.

Does the child have any of the following symptoms?	Yes	No
A temperature of 100.0°F or above? Any fever in the last 3 days?		
Cough or sore throat?		
Headache?		
Shortness of breath or difficulty breathing?		
Gastrointestinal symptoms (diarrhea, nausea, vomiting)?		
New nasal congestion or new runny nose?		
New loss of smell/taste?		
Body aches?		
Do you have chills or repeated shaking with chills?		
Upon a visual inspection, any changes in the child's baseline – lethargy, paleness, flushed, skin rashes, unusual spots, swelling or bruises, etc.		
Has the child had contact with someone in the previous 14 days with a confirmed or presumptive diagnosis of Covid-19 or someone who is ill with a respiratory illness?		
Are you or anyone in your home under active quarantine or is under isolation?		