



Covid-19- Health and Safety Plan

Updated: November 25, 2021

Daily Health Check

Daily health check is a tool used to reduce the risk of a person attending a child care setting when potentially infectious. **It is a parent / guardians responsibility to conduct a daily health check before attending or dropping their child off at the facility.**

****See check list below.**

All Kids Klub Staff must complete a daily health check before coming to work and agree to be symptom free before clocking in.

Staying Home When Sick and When New Symptoms Develop

Staying home when sick is one of the most important ways to reduce the spread of communicable diseases, including COVID-19. This is why it is important for anyone who is sick to stay home. Staff or children who are experiencing symptoms of a previously diagnosed health condition do not need to stay home and are not required to provide a doctor's note to attend a child care facility. Asymptomatic staff and children may still attend child care settings if a member of their household develops new symptoms of illness. If the household member tests positive for COVID-19, public health will advise on self-isolation and when they may return to the child care setting.

Children and child care providers should stay at home when new symptoms of illness develop, such as:

- Fever
- Chills
- Cough
- Difficulty breathing (in small children, this can look like breathing fast or working hard to breathe)
- Loss of sense of smell or taste
- Nausea or vomiting
- Diarrhea

For mild symptoms without fever, children and staff members should stay home and monitor symptoms for 24 hours. If symptoms improve and the child/staff member feels well enough, they can return to the child care facility without further assessment or doctor's note.

If symptoms include fever or difficulty breathing, or if symptoms last for more than 24 hours or get worse, seek a health assessment by calling 8-1-1 or a primary care provider. If a COVID-19 test is recommended as a result of the health assessment, self-isolate while waiting for results.

- **If the COVID-19 test is positive, self-isolate and follow the direction of public health.**
- **If the COVID-19 test is negative, return to the childcare facility once well enough to participate.**
- **If a COVID-19 test is recommended but not done, self-isolate for 10 days after the onset of symptoms and return when feeling well enough to participate.**

If you are unsure, call 8-1-1 for advice.

See the BCCDC website for more information on when to seek emergency care.

- **If a COVID-19 test is not recommended**, staff and children may return when well enough to participate.

If any of these symptoms above develop during care, your child will be removed from the group and be given a comfortable and supervised place to wait, as well as a mask to help prevent possible spread. We will call you and you must pick up your child immediately.

For more information and explanation please see Appendix A, B, C and D below.

Process if we experience a confirmed case of COVID-19

With the spread of COVID-19 throughout the world from different sources, it is possible that someone in our school communities or in one of our sites will test positive. If this were to occur, then please note that while we are concerned about the children in our care, **the process will be completely taken over by Island Health.**

The focus of the Island Health team is to isolate individuals who may have been exposed (contact tracing) so that they lessen the potential impact to the larger community. Once this has been completed, they will send notification directly to our community.

In this process, **Kids Klub legally cannot communicate directly with parents, schools and staff unless specifically authorized by public health officials.** Kids Klub will not be permitted to disclose the name of any child or staff member who may have contracted the virus. Please know that official statements will be communicated as is permitted by health authorities.

Information Received from The Ministry of Health

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Child_Care.pdf

**** Information will be updated on our website at www.kidsklub.ca

Children's Arrival and Departure

- Please do your best to designate one parent or guardian for drop off and pick up your child. Parents will not enter the facility further than entrance door.
- Parent and other adults will not be allowed to enter care site with the exception of Supported Child Development Consultants, Island Health Licensing Officers maintenance staff and school staff (mask required)
- Markers will be at the entrance to ensure physical distance between families on drop off and pick up. Drop off and Pick Up locations may change to ensure physical distance requirements are met. Managers will be in contact with families if changes have been made at their location.
- We have implemented a new Sign In and Out System utilizing a QR Code to limit any physical transmissions. If you need to follow our old system of signing in and out, please provide your own pen to do so.

- **No** temperatures will be taken upon arrival as the Health Ministry has stated that taking temperatures should be reserved for health care professionals
- Children will immediately go and hang up their belongings and wash their hands with soap and water for at least 20 seconds. (singing of the ABC's or Twinkle, Twinkle Little Star)
- Children who live with a confirmed Covid-19 case will be asked by public health to self-isolate at home, and cannot return to childcare until approved by Island Health.

Mask / Face Coverings Use

- Following the Provincial Health Office and aligning with all the School Districts, masks and face coverings are required in indoor public spaces for those who are in grades K to 12 with the following exceptions:
 - If the child is unable to wear a mask because they don't tolerate it (for health or behavioural reasons, including health impacts experienced during excessive heat events or poor air quality)
 - If the child is unable to put on or remove a mask without the assistance of another person
 - If the mask is removed temporarily for the purpose of identifying the child wearing it
 - If the mask is removed temporarily to engage in high-intensity physical activity
 - If the child is eating or drinking

******Younger children (i.e. non-school age children) attending childcare programs in non-family childcare settings may wear a mask or face covering based on personal or family choice

****** A health care provider's note is not required for the above exceptions

****** All of our facilities will provide daily opportunities for the children to remove their facemasks with outdoor play if the weather permits.

Vaccinations

- The most important and effective measure to prevent COVID-19 transmission in the childcare settings is to ensure that anyone eligible is fully vaccinated.
- Staff and children who are not fully immunized and are identified as close contacts to a Covid-19 case, are more likely to be asked to self-isolate to prevent spread. This requirement to self-isolate may influence the overall operations of a childcare facility or the ability for employees to work and may potentially affect the livelihood of operators, employees, children and families.
- Kids Klub will require proof of full vaccination by January 15th, 2022 from all employees at Kids Klub
- Kids Klub keeps records of all staff vaccinations, including the Covid-19 vaccines

Visitors

Parents, caregivers, health-care providers, volunteers, and other non-staff adults (e.g., visitors) entering child care settings should be limited to those supporting activities that are of benefit to children's learning and wellbeing.

- All visitors should provide active confirmation (e.g., sign in at entry, e-mail before entry, etc.) that they have no symptoms of illness and are not required to self-isolate before entering.
- Childcare settings should keep a list of the date, names and contact information for all visitors who enter the setting.
- Following the Provincial Health Office, masks are required in indoor public spaces for children grades K-12 as well as all adults

Program Protocols

- All soft items removed from the room-dress up, cushions, stuffies
- No toys from home will be allowed
- Limit and alternating of toys available each day to ensure they are disinfected properly. Enough toys will be left out to encourage individual play
- Staff will encourage physical distancing as much as possible. Staff will be also keeping physical distance from each other
- No snack will be provided to limit contact points. No food sharing
- If care is given during Lunch hours, families must pack all utensils required and no warm ups to limit contact points. Please label items.
- Children will be outside as much as possible and should be prepared daily in doing so.
- Windows and doors will stay open as much as possible to ensure proper ventilation
- As per the Ministry's regulations, on site playgrounds are considered a safe environment

Transportation

<https://www2.tc.gc.ca/en/services/road/federal-guidance-school-bus-operations-during-covid-19-pandemic.html>

Buses and vans used for transporting children should be cleaned and disinfected according the guidance provided in the BCCDC's cleaning and disinfectants for public settings guidance. Additional guidance is available from Transport Canada.

Drivers should:

- Clean their hands often, including before and after completing trips.
- Use alcohol-based hand sanitizer with at least 60% alcohol during trips.
- Wear a non-medical mask or face covering

Children should:

- Clean their hands before and after being in a bus or van.
- School-Age Children should wear a mask or face covering on the bus with exceptions outlined above
- To reduce the number of close, in-person interactions, the following strategies are recommended:
 - Use consistent and assigned seating arrangements; seating can be altered whenever necessary to support child health and safety.
 - Prioritize children sharing a seat with a member of their household.
 - On a bus, if space is available, each child should have their own seat and sit beside the window to increase the amount of space between children.

Cleaning and Health Protocols

- High touch surfaces (door knobs, railings, light switches, tables etc.) both inside and outside will be wiped down with a disinfectant by staff throughout the day
- Toys and equipment will be limited and/or alternated and disinfected daily.
- Daycare: Cots and Cribs will be disinfected after each use
- Daycare: Diapering stations cleaned after each use
- Staff are to wear gloves when cleaning and dealing with bodily fluids. Hands will be washed before and after use of gloves
- Signage will be posted around all of our facilities to remind children, parent and staff about health protocols
- Staff and children will be directed to cough and sneeze into their arms or tissue and avoid touching eyes, noses and mouths.
- Staff who are displaying symptoms will also be required to stay home until they have been assessed by a health care provider to exclude Covid-19 or other infectious diseases, AND their symptoms are resolved.
- Hand washing will be mandatory throughout the day:
 - On Arrival to Centre and when leaving Centre
 - Before and after food consumptions
 - After washroom use
 - After outside play
 - After handling pets or animals
 - After any coughing or sneezing etc.
 - Whenever hands are visibly dirty

Staff will also wash hands:

- When arriving and leaving Centre
- Before and after giving of medication if needed
- After contact with bodily fluids (runny nose, spit, vomit, blood)
- After Cleaning Tasks
- Before and After Handling Food
- Before and After removing gloves
- After handling garbage



Coronavirus COVID-19

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SICK OR SELF-ISOLATING? DO NOT ENTER



**DO NOT ENTER
IF YOU ARE SICK
OR REQUIRED
TO SELF-ISOLATE**



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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.**

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



IPC V1.1



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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



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



Apply liquid or foam soap



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



Rinse thoroughly
under running water



Pat hands dry thoroughly
with paper towel



Use paper towel
to turn off the tap

HOW TO USE HAND RUB



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



Apply about a loonie-sized
amount to your hands



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

COVID19_HH_001



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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, 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., newspapers, magazines, books, toys).

Cleaning

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

Disinfection

For disinfection, common household 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.

IPC v2.0



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Coronavirus COVID-19

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CLEANING AND DISINFECTANTS FOR PUBLIC SETTINGS

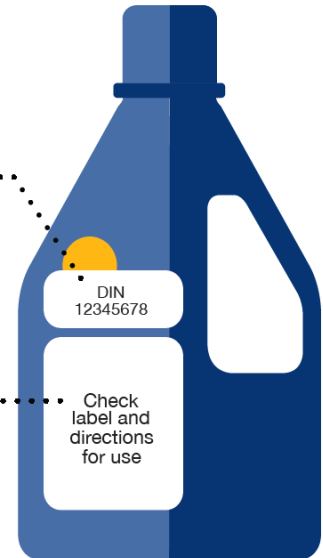
See Health Canada's **List of hard-surface disinfectants for use against coronavirus (COVID-19)** for specific brands and disinfectant products.

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 ammonium chlorides



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).

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%	Used for cleaning and disinfecting surfaces (e.g., counters, hand rails, door knobs).
4. Quaternary Ammonium Compounds (QUATs): noted as 'alkyl dimethyl ammonium chlorides' on the product label	Used for disinfecting surfaces (e.g., floors, walls, furnishings).

¹. Dellanno, 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* 37.8 (2009): 649-652.

². 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. IPC v2.0



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BC Centre for Disease Control

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

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Appendix A: Summary of Child Care Setting Control Measures



1. STAY HOME WHEN SICK

Staff or children with new symptoms of illness should stay home.

Staff or children who develop symptoms in a child care setting should go home.



2. HAND HYGIENE

Clean hands more often.

Thorough hand washing with plain soap and water for at least 20 seconds helps prevent the spread of illness.



3. RESPIRATORY AND PERSONAL HYGIENE

Cover coughs.

Sneeze into elbows.

Don't share food, drinks, or personal items.



4. PHYSICAL DISTANCING

Minimize close, face-to-face interactions between staff.

Minimize physical contact between staff and children.

Spread children and staff out to different areas when possible.

Take children outside more often.

Incorporate individual activities.



5. CLEANING AND DISINFECTION

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

Cleaning and disinfecting of frequently touched surfaces should occur at least twice a day.

Appendix B: Daily Health Check Example

The following is an example of a daily health check to determine if you or your child should attend a child care setting that day. **Remember, if you think your child is ill, please keep them at home.**

Daily Health Check			
1. Key Symptoms of Illness	Do you have any of the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Breathing difficulties (breathing fast or working hard to breathe)	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to two or more of the questions included under ‘Key Symptoms of Illness’, or you have a fever or difficulty breathing, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner. If a health assessment is required, you should not return to the child care setting until COVID-19 has been excluded and your symptoms have improved.

If you answered “YES” to only one of the questions included under ‘Key Symptoms of Illness’ (excluding fever and difficulty breathing), you should stay home for 24 hours from when the symptom started. If the symptom improves, you may return to a child care facility when you feel well enough. If the symptom persists or worsens, seek a health assessment. A health assessment includes calling 8-1-1, or a primary care provider like a physician or nurse practitioner.

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should seek testing for COVID-19.

If a COVID-19 test is recommended as a result of the health assessment, self-isolate while waiting for results (see information on how results are provided [here](#)).

- **If the COVID-19 test is positive,** self-isolate and follow the direction of public health.
- **If the COVID-19 test is negative,** return to the child care facility once well enough to participate.
- **If a COVID-19 test is recommended but not done,** self-isolate for 10 days after the onset of symptoms and return when you or the child are well enough to participate.

If a COVID-19 test is not recommended, staff or children may return when well enough to participate.

A health-care provider note (i.e., a doctor’s note) should not be required to confirm the health status of any individual.

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.

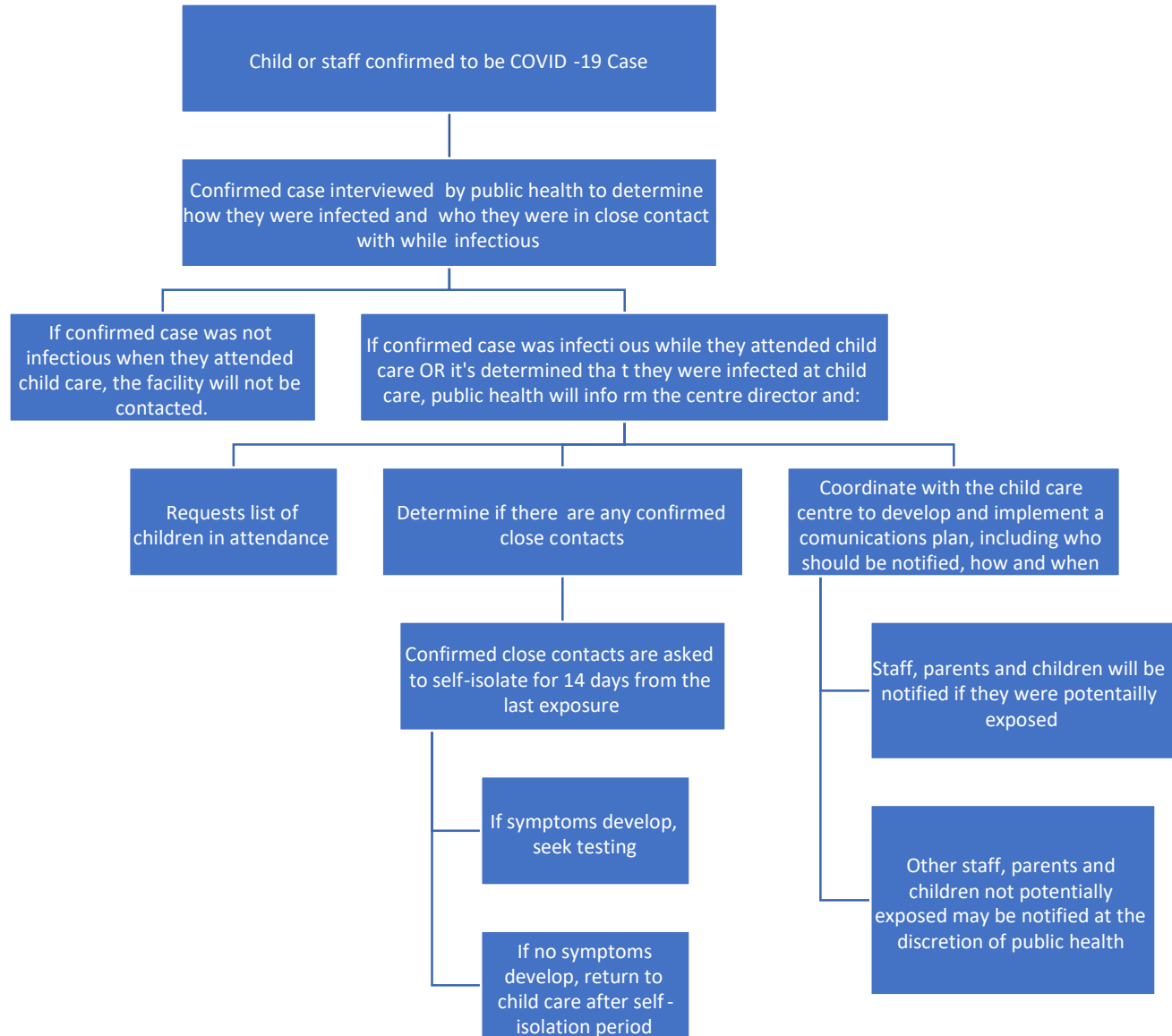
SYMPTOMS		WHAT TO DO
<ul style="list-style-type: none">• Fever (above 38° C)• Chills• Cough	<ul style="list-style-type: none">• Loss of sense of smell or taste• Difficulty breathing	1 or more of these symptoms: Get tested and stay home.
<ul style="list-style-type: none">• Sore throat• Loss of appetite• 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

If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Appendix C: Public Health Actions if a Staff, Child or Other Person Who Has Been in the Child Care Setting is a Confirmed COVID-19 Case



Appendix D: What to Do if a Child or Staff Member Develops Symptoms

<i>If a Child Develops Any New Symptoms of Illness While in a Child Care Setting</i>	<i>If a Staff Member Develops Any New Symptoms of Illness While in a Child Care Setting</i>
<p>Staff must take the following steps:</p> <ol style="list-style-type: none"> 1. Immediately separate the symptomatic child from others in a supervised area. 2. Contact the child's parent or caregiver to pick them up as soon as possible. 3. Where possible, maintain a 2-metre distance from the ill child. If not possible, staff should wear a nonmedical mask or face covering if available and tolerated or use a tissue to cover their nose and mouth. 4. Provide the child tissues to cover their coughs or sneezes. Throw away used tissues as soon as possible and perform hand hygiene. 5. Avoid touching the child's body fluids (e.g., mucous, saliva). If you do, practice diligent hand hygiene. 6. Once the child is picked up, practice diligent hand hygiene. 7. Staff responsible for facility cleaning must clean and disinfect the space where the child was separated and any areas recently used by them (e.g., classroom, bathroom, common areas). <p>Parents or caregivers should pick up their child as soon as possible if they are notified their child is ill.</p>	<p>Staff should go home as soon as possible.</p> <p>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 non-medical 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., classroom, bathroom, common areas).
<p>Children and staff should return to the child care facility according to the guidance in this document.</p> <p>A health-care provider note should not be required for children or staff to return.</p>	

REMEMBER TO **WASH YOUR HANDS**



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1. Wet hands with warm water

2. Add soap



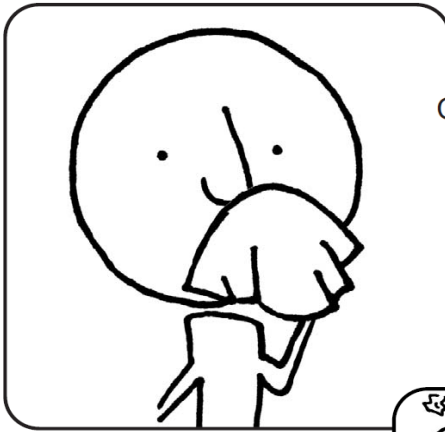
3. Scrub for 20 secs

Sing the ABCs. Rub palms, backs of hands, thumbs, between fingers and under nails to create a lather.

4. Rinse and dry

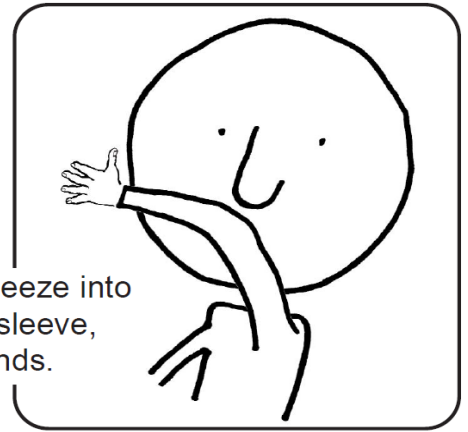
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

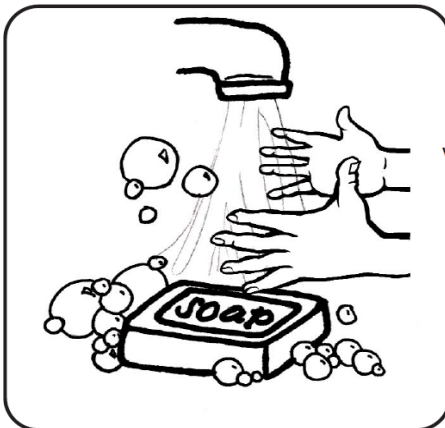


Put your used tissue in
the waste basket.



Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.

