

# Southington-Cheshire Community YMCA Childcare Services COVID-19 Program Plan and Practices



This is a working document, which may be updated frequently due to the rapidly changing response to this pandemic emergency and ongoing State and Federal guidance updates.

Revised 6/25/2020, 7/8/2020 8/31/2020 9/21/2020 5/21/21 1/4/2022 2/28/22

## **PROGRAM DESCRIPTION and GROUP GUIDELINES**

All Southington-Cheshire Community YMCA Childcare programs operate under the jurisdiction of the CT Office of the Early Child and local health departments. Policies and procedures are dictated by state statute.

Group guidelines are as follows:

- Group size should not exceed 20 children.
- Groups of children will remain in separate rooms while in attendance whenever possible
- Cohorts should be maintained to the greatest extent possible. If cohorts are combined staff should keep a record as to aid in contact tracing if needed.
- Staffing patterns will minimize movement of staff between groups of children throughout the day as much as feasible.

## **HANDWASHING and RESPIRATORY HYGIENE**

All staff and children must adhere to regular hand washing with soap and water for at least 20 seconds as follows:

- At arrival
- Before and after eating;
- After sneezing, coughing or nose blowing;
- After using the rest room;

If soap and water are not available, use an alcohol based sanitizer. Adults should always supervise use of alcohol-based sanitizers when being used by children. Hand hygiene lessons should be part of the curriculum throughout the school year. All staff should cover coughs and sneezes with tissues or the corner of the elbow. All staff must also encourage children, when appropriate, to cover coughs and sneezes with tissues or the corner of the elbow. All soiled tissues must be disposed of immediately after use.

## **FACE COVERINGS**

Pursuant to the order issued by Public Health Commissioner on February 23, 2022, masks and face coverings are no longer required for adults in child care facilities on and after February 28, 2022. Therefore as of February 28, 2022 masks will be optional for adults and children in all Southington-Cheshire YMCA childcare programs.

## **WATER BOTTLES**

Families will be encouraged to send in a water bottle for their child labeled with the child's name. The water bottles will be kept in the child's cubby or backpack. Water will be made available for those children without a water bottle. These will be labeled with the child's name and kept in the child's cubby or backpack. Children will not be permitted to use water fountains.

## **CLASSROOM ACCESS**

Beginning on June 1, 2021 parents/guardians will be permitted to enter the YMCA early childhood locations. Parents entering any YMCA Childcare locations must be masked. Parents may enter classrooms but should do their best to keep social distance while in the building and keep their interactions brief.

## **CLEANING PROTOCOLS**

- All protocols for routine cleaning and disinfection of the child care center must be followed according to the Center for Disease Control (CDC) and the State Department of Public Health guidelines as well as guidelines of Best Practice set forth by the National Association for the Education of Young Children (NAEYC).
- Soap and water will be routinely used by staff to clean flat surfaces and high touch areas throughout the center.
- A disinfectant will be used routinely to disinfect flat surfaces and high touch areas throughout the center.
- Shared toys will be cleaned as needed

## **SOCIAL DISTANCING**

- When possible child care classrooms will include the same group each day, and the same staff will remain with the same group each day.
- Daily schedule and activities will be designed in a way to reduce transmission.

- Hand hygiene stations will be set up at the entrance of the facility, so that individuals can clean their hands before they enter. Hand sanitizer with at least 60% alcohol will be kept at the program entrance.
- Staff will sign children in and out each day.

## **COVID-19 SYMPTOMS AND EXCLUSIONS**

Children who are not feeling well should stay at home. Generally, any child who is not able to participate in all daily activities should not attend YMCA programs. Parents are required to inform the YMCA if their child will be absent due to illness, has been diagnosed with COVID-19 or been in close contact with a person diagnosed with COVID-19. Staff are required to notify their supervisor if they will be absent due to illness, have been diagnosed with COVID-19 or been in close contact with a person diagnosed with COVID-19

We will be following CDC guidelines <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html> for any child or staff who has COVID-19 symptoms. Children or staff can return to care once 5 days have passed from when symptoms first appeared, and it has been 24 hours with no fever without the use of fever reducing medications, and the other symptoms of COVID-19 have improved. An exception will be made, if we receive a doctor's note stating that the child or staff was treated for a non COVID-19 illness and is able to return to program.

Signs and symptoms of COVID-19 include:

- Fever or chills (over 100 degrees Fahrenheit)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. Please refer to our the chart at the end of this document for guidance on specific scenarios.

## **USE OF NEBULIZERS IN CHILDCARE PROGRAMS**

Parents should consult with their physicians about children attending our program while receiving nebulizer treatments. The use of inhalers with spacers are preferred to a nebulizer due to the extreme CDC recommendations for the administering of such a treatment. Parents should contact the program director to discuss their child's situation and needs.

## **COVID-19 EXPOSURE and DIAGNOSIS**

If a child or staff member who has been present in the program is diagnosed with COVID-19, families and staff of the child care program will be notified immediately about the exposure.

In February 2020, COVID-19 was added to the List of Reportable Diseases. Those required to report such diseases must report cases of COVID-19 infection immediately to the Connecticut Department of Public Health. This is done weekly via an online reporting portal.

If a child or staff member who has been present in the program has been exposed to someone outside of the program that has been diagnosed with COVID-19, they shall follow CDC guidelines and the guidance of their local health department for isolation.

	Student/Staff with any COVID-19 symptoms		Student/Staff with no COVID-19 symptoms
<p>If fully vaccinated against COVID-19 <i>(defined as two weeks after second dose of Pfizer or Moderna vaccines or first dose of Johnson &amp; Johnson vaccine)</i></p>	<p>Isolate at home.</p> <p>Test for COVID-19 (either self-test or at a testing site).</p> <p>If test result is negative, return to activities when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>If test result is positive, isolate for at least 5 days, return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>Wear a mask at all times when around others for an additional 5 days (i.e., through day 10).</p>		<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p>Continue with in-person learning.</p> <p>Test for COVID-19 (either self-test or at a testing site) 5 days after the exposure.</p> <p>Consider quarantining for 5-days from other activities outside of school, especially if notified of an extended high-intensity exposure (e.g., household contact, unmasked social contact, contact during athletic activities).</p> <p>Wear a mask at all times during any activities when around others for 10 days.</p>
<p>If only partially vaccinated <i>(one dose of a two dose COVID-19 vaccine or within two weeks of final dose)</i></p> <p>or</p> <p>Unvaccinated</p> <p>or</p> <p>Vaccination status is unknown</p>	<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p>Isolate at home for a minimum of 5 days since last exposure to the COVID-19 case.</p> <p>Test for COVID-19 (either self-test or at a testing site).</p> <p>Return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>Wear a mask at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p><i>If no known close contact with a COVID-19 case outside of the school day:</i></p> <p>Isolate at home.</p> <p>Test for COVID-19 (either self-test or at a testing site).</p> <p>If test result is negative, return to activities when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>If test result is positive, isolate for at least 5 days after symptoms began, return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved, and wear a mask at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p>Quarantine at home from school, extracurricular activities, and other activities for 5 days from the last exposure to the COVID-19 case.</p> <p>Test for COVID-19 (either self-test or at a testing site) 5 days after the exposure.</p> <p>Wear a mask at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>