



## Yavapai County Community Health Services

Our Mission: "Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents."



# Yavapai County Childcare Guidelines & Best Practices for Preventing the Spread of COVID-19

Yavapai County recommends you follow the [CDC](#) Guidelines.

**Wash hands** often with soap and water. If soap and water are not readily available, use an alcohol-based **hand sanitizer** with at least **60% alcohol**.

- Remember to **supervise** young children when they use hand sanitizer to prevent swallowing alcohol.
- Healthy Hand Hygiene Behavior
  - All children, staff, and volunteers should engage in hand hygiene at the following times:
    - Arrival to the facility and after breaks
    - Before and after preparing food or drinks
    - Before and after eating or handling food, or feeding children
    - Before and after administering medication or medical ointment
    - Before and after diapering
    - After using the toilet or helping a child use the bathroom
    - After coming in contact with bodily fluid
    - After handling animals or cleaning up animal waste
    - After playing outdoors or in sand
    - After handling garbage
    - Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

**Require sick children and staff to stay home.**

- Plan to have an **isolation room or area** (such as a cot in a corner of the classroom) that can be used to isolate a sick child. Additional information about isolation in related settings can be found here: [isolation at home](#) and [isolation in healthcare settings](#).
- Be ready to follow **CDC guidance** on how to [disinfect your building](#) or facility if someone is sick.
  - Intensify **cleaning** and **disinfection** efforts
- **Warning:** There are companies who may be trying to take advantage of child care programs by offering **unnecessary** and **costly** deep cleaning services. This practice is **NOT** recommended by the CDC.

Continue using preparedness strategies and consider the following **social distancing strategies:**

- If possible, child care classes should
  - include the **same group each day**, and
  - the same **child care providers** should remain with the **same group** each day.

If your child care program remains open or is reopening, consider creating a separate classroom or group for the children of healthcare workers and other first responders.

If your program is unable to create a separate classroom, consider serving only the children of healthcare workers and first responders.

- **Consider whether to alter or halt daily group activities that may promote transmission.**
  - Keep **each group** of children in a **separate room**.
  - **Limit the mixing of children**, such as staggering playground times and keeping groups separate for special activities such as art, music, and exercising.
  - If possible, at **nap time**, ensure that children's naptime mats (or cribs) are spaced out as much as possible, ideally **6 feet apart**. Consider placing children **head to toe** in order to further reduce the potential for viral spread.

Consider **staggering arrival** and drop **off times** and plan to **limit direct contact with parents** as much as possible.

- Have child care providers **greet children outside** as they arrive.
- Designate a parent to be the drop off/pick up volunteer to walk all children to their classroom, and at the end of the day, walk all children back to their cars.
- **Infants** could be transported in their **car seats**. Store car seat out of children's reach.

#### Screen Children Upon Arrival (if possible)

- Persons who have a **fever of 100.4<sup>0</sup>** (38.0<sup>0</sup>C) or above **OR other signs of illness** should not be admitted to the facility.
- Encourage parents to be on the alert for signs of illness in their children and to keep them home when they are sick.
- All staff should be educated on the prevention of respiratory viruses, including COVID-19. The virus is thought to [spread mainly from person-to-person](#).
  - This education includes basic hand washing, respiratory hygiene, and implementation of proper protective equipment. CDC offers several free handwashing resources that include [health promotion materials](#), information on [proper handwashing technique](#), and [tips for families to help children develop good handwashing habits](#).

#### Take care of yourself

- **Take deep breaths, stretch or meditate**
- **Get plenty of rest, healthy diet, and moderate exercise such as walking**
- **Connect with others. Talk with people you trust about your concerns and how you are feeling.**
- **Take care of yourself so you can take care of others**

#### Take care of children

- **Provide reassurance**
- **Maintain consistent routines**
- **Help children with self-regulation**

#### Resources:

##### Center for Disease Control (CDC)

- [Guidance for Childcare Programs that Remain Open](#)
- [Guidance for Schools and Child Care](#)
- [COVID-19 General Information](#)
- [CDC Print Resources](#)

- [How to remove gloves](#)

Arizona Department of Health Services (ADHS)

- [March 18 Child Care Guidance Letter](#)
- [Schools \(Childcare & K-12\) and Universities](#)
- [COVID-19 Fact Sheet for Schools and Childcare](#)
- [COVID-19 General Information](#)

[CCR&R FAQs](#)

[Child Care Aware](#)

[AAP FAQs](#)

[Zero to Three](#)

[NAEYC](#)