

Childcare Health and Safety Guidelines

Taking Action Against Covid-19 and Other Infectious Diseases



Infection Prevention and Control Plan: Parent Handbook

Purpose

In direct response to Covid-19, Fun on the Run has established this handbook, which will act as a guide for all families, as we navigate through the journey of reinforcing infectious disease preparedness.

Correspondingly, because the health, safety, and well-being of all Fun on the Run children and families is of the utmost importance, a collection of helpful tips, resources, and strategies are enclosed within this handbook, along with new strict policies and procedures that will ensure all centre operations run safely.

With that being said, this handbook was created in support of the guidelines and procedures set forth by the 'Public Services Health and Safety Association' of Ontario, as well as Ontario's Ministry of Education and York Region Public Health. Alongside the Government of Canada and the province of Ontario, this handbook will help to protect all children and families against the Covid-19 illness and other infectious diseases, by providing important information that can be used upon entering the childcare centre when deemed safe to do so by the Regional Municipality of York.

What is Covid-19?

Covid-19 is a mild to severe respiratory illness that is caused by a *coronavirus* and is transmitted primarily by contact with infectious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus, and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.

Covid-19 typically spreads through coughing and sneezing, personal contact with an infected person, or touching an infected surface and then touching your face (mouth, nose or eyes).

Common Covid-19 Symptoms

- | | | |
|------------------------------------|-------------------------------|--|
| → Fever/Chills | → Sore Throat | → Muscle Aches/Joint Pain |
| → Cough | → Headache | |
| → Shortness of Breath | → Extreme Fatigue | → Gastrointestinal Symptoms (i.e., vomiting or diarrhea) |
| → Decrease/Loss of Smell and Taste | → Runny Nose/Nasal Congestion | |

In an effort to protect yourself and others, recognize the symptoms and assess how you are feeling. If you are experiencing any symptoms, you must self-isolate immediately.

Protecting Ourselves

Upon entering the childcare centre, it is imperative that all preventative steps are followed, in an effort to ensure the health and safety of all individuals. Below is a collection of guidelines that all Fun on the Run children and families are required to follow, in order to help prevent the spread of germs:

1. Hygiene

- *Avoid touching of the eyes, nose, and mouth.*
- *Cough and sneeze into your sleeve.*
- *Wash your hands **frequently** with soap and warm water for at least 20 seconds. If hand washing is not possible, use alcohol-based hand sanitizer with 60% to 90% alcohol content.*
- *Respiratory etiquette must be practiced, which refers to covering your mouth and nose with a tissue when coughing or sneezing.*

2. Cleaning and Disinfection

- *Team members will ensure to practice enhanced cleaning and disinfecting procedures within each centre, certifying that **frequently touched surfaces** are cleaned and disinfected after each use.*
- *This includes performing all duties outlined within the 'Cohort/Classroom Disinfecting Schedule' and the 'Kitchen/Common Area Disinfecting Schedule'.*
- *Team members will ensure to refer to the 'Proper Cleaning and Disinfecting Practices' (Appendix D) document created by York Region Public Health.*
- *All cleaning products used at Fun on the Run must possess an 8-digit DIN number, ensuring that those cleaning products are safe and approved (ES364, bleach, Vert2go, etc.).*
- *Fun on the Run will follow the two-step method of cleaning;*
 1. *Clean with water, detergent, and friction.*
 2. *Apply disinfectant (guided instructions on posted signs).*
- *Existing practices will be reviewed to determine where enhancements might be required, including frequency and timing of cleaning and disinfection, areas to clean and/or disinfect, choice of cleaning products, and child safety, staffing, signage*

3. Self-Isolation

- *If children/families experience symptoms, self-isolate immediately. Please notify your Site Supervisor.*
- *Isolation means that you are refraining from going to any public places, staying at home and not having any visitors. Do not share any personal items such as dishes, utensils or towels, and wash your hands often.*
- *After self-isolating for 5-10 days, please ensure to remain in contact with the Site Supervisor, as it is imperative in order for Fun on the Run to safely prepare for your return to the childcare centre.*

Assessment

Upon entering the childcare centre each day, all Fun on the Run families are required to conduct a self-assessment to determine if it is a safe action for you and your child(ren). Correspondingly, because symptoms can appear in as little as a few days or as long as 10-14 days after being exposed, these assessments are crucial in maintaining the health and safety of all individuals and must be performed daily.

If you experience any symptoms, stay home and do not come to the childcare centre under any circumstances. In an effort to help stop the spread of Covid-19, call Telehealth Ontario at: [1-866-797-0000](tel:1-866-797-0000) if you recognize any symptoms.

Workplace Sanitation

In an effort to protect all individuals from infection, the following prevention and control practices must be followed at all times. Team members will reference the list of established procedures below:

- 1. All toys and materials will be cleaned and disinfected once program has finished.*
- 2. In addition to routine cleaning, team members will ensure to clean frequently touched surfaces after each use (see Appendix D). This includes door handles, tables, chairs, trollies, toys/materials, etc. Routine cleaning from school caretakers will continue to take place (excludes childcare centre). This includes but is not limited to garbage pick-up, sweeping, mopping, and table/chair disinfection.*
- 3. Fun on the Run will ensure that all equipment in each room is carefully cleaned and disinfected after each use. This includes kitchen areas, laundry areas, and storage rooms. This will help to prevent inadvertent cross-transmission of germs. (Childcare Centre Only)*
- 4. Blankets/gowns must be changed between children, as well as cleaned and disinfected. If using a one-time use gown, gowns must be disposed immediately after each use. (Childcare Centre Only)*
- 5. Fun on the Run will ensure to launder all linens (in hot water: 60°C - 90°C) including cot-sheets, blankets, and cloths between children and/or after each use.*

Reporting Illnesses

Any **child** and/or **parent/guardian** who begins to feel unwell and displays **one or more** Covid-19 related symptoms (fever, cough, difficulty breathing, etc.), should notify Fun on the Run

immediately. Please note that the policies and procedures listed below within the **order of proceedings** (response plan) will be enforced.

Any families who have been in contact with an individual who has Covid-19 should follow the procedures set forth by York Region Public Health concerning self-isolation and seeking medical attention. Families are encouraged to call Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000).

Any parent/guardian who feels uncomfortable having their child(ren) continue in the program due to the effects of Covid-19 should inform the Centre's Site Supervisor immediately.

Pre-Existing Conditions

In an effort to reduce the high volume of avoidable Covid-19 testing, parents/guardians are **required** to inform Fun on the Run if their child(ren) have any of the following conditions:

- | | |
|----------------------|---------------------------------|
| → Asthma | → Heart Conditions |
| → Diabetes | → Lung Conditions |
| → Seasonal Allergies | → <u>Weakened Immune System</u> |

With that being said, the above conditions should be accompanied with a doctor's note, in order to be validated by Fun on the Run.

Please note that an ill individual who has a known alternative diagnosis provided by a healthcare provider may return to Fun on the Run, if they DO NOT feel unwell and their symptoms have been improving for at least 24 hours.

Response Plan

If any individuals including team members and children have received a **POSITIVE** Covid-19 test, Fun on the Run will immediately conduct proper cleaning and disinfection of all areas. On an immediate basis, all of the affected parties' personal belongings will be removed from the classroom environment. All touched areas will be cleaned and disinfected and all clothed items will be safely laundered.

If any child is sent home from a Fun on the Run childcare centre due to developing **one or more** Covid-19 symptoms (i.e. fever, headache), they are **required** to stay home until:

- 1. They receive a negative Covid-19 PCR test OR **two** negative RAT (rapid antigen tests) taken at least 24 hours apart, and symptoms have been improving for 24 hours [48 hours if gastrointestinal], or**
- 2. They receive an alternative diagnosis by a health care practitioner, or**
- 3. It has been 5 days since their symptom onset and they are fever free with symptoms improving for at least 24 hours [48 hours if gastrointestinal]**

Once families have cooperated with those policies and have chosen to follow one of those three options, they may return to the childcare centre, under the direction of a Site Supervisor. Please note that a doctor's note is not required in order to re-enter the childcare centre.

Provided below, which outlines the specific actions individuals are required to take when responding to a suspected case of Covid-19:

RESPONSE PLAN – ORDER OF PROCEEDINGS

STEP #1 – Any child member displaying one or more Covid-19 related symptoms must be sent home from the program immediately and must not return to the program until they have completed one of the following protocols:

1. They receive a negative PCR test or two negative RAT (rapid antigen tests) taken at least 24 hours apart and symptoms have been improving for 24 hours [48 hours if gastrointestinal symptoms], or
2. They receive an alternative diagnosis by a health care practitioner, or
3. It has been 5 days [fully vaccinated] or 10 days [partially/not vaccinated] since their symptom onset and they are fever free with symptoms improving for at least 24 hours [48 hours if gastrointestinal]

STEP #2 – Once the child have co-operated with those policies and have chosen to follow one of those three options, they may return to the childcare centre, under the direction of a Site Supervisor. Please note that a doctor's note is not required in order to re-enter the childcare centre.

Isolation Requirements

In an effort to stop the spread of Covid-19 and eliminate the infiltration of the Covid-19 variants, children and team members are required to stay home if they have tested positive for COVID-19 or conduct proceedings in regards to the Fun on the Run response plan.

	Symptomatic Individual is Fully Vaccinated OR Under 12 Years of Age	Symptomatic Individual is 12 Years or Older AND Not Fully Vaccinated or Immune Compromised
Symptomatic Individual	Isolate for 5 days and must be fever free with symptoms improving for at least 24 hours (48 hours if gastrointestinal symptoms)	Isolate for 10 days and must be fever free with symptoms improving for at least 24 hours (48 hours if gastrointestinal symptoms)

Isolation Requirement for Asymptomatic Close Contacts:

If you are **NOT symptomatic** and **DO NOT live** with a symptomatic individual or COVID-19 case, you are not required to isolate.

If you are **NOT symptomatic** and live with a symptomatic individual or COVID-19 case, you are not required to isolate if:

1. Household members are 18 years of age and older and have received a booster or dose, OR
2. Household members are under 18 years of age and are fully vaccinated, OR
3. Household members have previously test positive for COVID-19 in the last 90 days (RAT or PCR test)

Even if not required to isolate based on the above criteria, household or non-household close contacts of a COVID-19 case or symptomatic individual, must self-monitor for 10 days (from last exposure) and wear a well-fitted mask in school and child care settings.

Where an individual is suspected of having Covid-19 within Fun on the Run, the Centre will:

- *Determine contaminated areas and carry out cleaning and disinfection, including timing, when to return to use, methods of cleaning.*
- *Use disposable cleaning equipment, such as disposable wipes, where possible*
- *Remove all items that cannot be cleaned (paper, books, etc.) and store them in a sealed container for a minimum of 7 days.*
- *A focus on proper hand hygiene before and after using shared play structures is in effect.*

School communication protocols to update and inform necessary stakeholders within the school community while maintaining confidentiality of the ill individual should be initiated (i.e., contact the school, inform Fun on the Run's Site Supervisor, contact York Region Public Health, etc.).

Classroom Grouping

Children (with full-time or part-time enrollment) and team members will be arranged in classrooms, remaining together as a class for the duration of the school year, if applicable.

Fun on the Run's program operations have returned to the maximum group sizes as set forth by the Ministry of Education, under the Child Care and Early Years Act, prior to the Covid-19 outbreak.

Attendance

At each childcare centre it operates, Fun on the Run will maintain daily records of all individuals who attempt to enter the premises. The records will be stored at the centre and will include the following information for each individual:

- | | |
|------------------------------|----------------------------|
| → <i>Full Name</i> | → <i>Time of Arrival</i> |
| → <i>Contact Information</i> | → <i>Time of Departure</i> |
| → <i>Reason of Visit</i> | |

Visitors

Visitors are now permitted at all Fun on the Run program locations. Individuals with granted access include Fun on the Run team members, children, parents, placement students, Ministry of Education team members, special needs services, police officers, fire fighters, paramedics, public health inspectors and team members belonging to the school board (i.e. caretakers).

In-house special guests are now permitted into all Fun on the Run childcare centres but are required to follow the guidelines set forth within this handbook, along with any additional policies and procedures set forth by the Centre, as well as the York Region District School Board and the York Catholic District School Board.

Off-Site Excursions

Off-site excursions (field trips) are now permitted. Children and team members will be grouped together throughout the duration of each trip.

Transportation (Off-Site Excursions)

Transportation service providers (i.e. Landmark Bus Lines) will be required to implement enhanced cleaning and disinfecting protocols, especially for high-touch areas (i.e. handrails, seats), at least twice during excursions.

Serious Occurrence Reporting

Fun on the Run has a duty to report all mandatory and/or voluntary closures to the Ministry of Education. A mandatory and/or voluntary closure can result in approximately 30% absences in staff and/or children in the program.

In the event that a classroom or the childcare centre closes in direct response to Covid-19, Fun on the Run will ensure to file a serious occurrence with the Ministry of Education.

Staffing and Scheduled Work

In an effort to reduce the number of individuals entering each childcare centre, team members will primarily be scheduled to work at only **one (1)** school location, if possible. With that being said, the movement of team members between schools is **now permitted** and will be utilized only when necessary, in order to support the needs of the Centre (i.e. ratio requirements).

Should a team member require a shift coverage, Fun on the Run will allocate an alternate team member or **supply** to cover the required shifts.

Fun on the Run will continue to follow the guidelines set forth by the Ministry of Education and York Region Public Health by ensuring each classroom has the required amount of qualified team members (Registered Early Childhood Educators and Director Approved educators). Each team member will possess a valid First Aid/CPR Level C certification, as well as a Police Vulnerable Sector Check.

Team Member Training

In an effort to ensure that all newly developed policies and procedures set forth by Fun on the Run are properly followed by all Fun on the Run team members, special (virtual) training is provided in consultation with the Ministry of Education and York Region Public Health.

This training includes instructions on how to modify the classroom/childcare centre to meet all health and safety requirements, etc.

Drop-Off/Pick-Up Procedures for Families

BEFORE-AND-AFTER SCHOOL PROGRAMS: DROP-OFF

1. Upon arrival to the school, families will be required to enter through the designated Fun on the Run doors.
2. Families will be responsible for dropping off their child(ren) at their assigned Fun on the Run classroom.

BEFORE-AND-AFTER SCHOOL PROGRAMS: PICK-UP

1. Upon arrival to the school, families will be required to knock on the door or ring the doorbell (where applicable) to wait for access to enter the school.
2. When families have gained access to the school, they are required to pick-up their child(ren) at their assigned Fun on the Run classroom.

Please note: Families are now responsible for signing their child(ren) out on their classroom attendances daily.

FULL-DAY CHILDCARE (Pope Francis Childcare Centre): DROP-OFF

1. Upon arrival to the centre, families will be required to enter through the main childcare centre entrance.
2. Families will be responsible for transitioning their child(ren) through the cubby area before dropping off their child(ren) at their assigned classroom.

FULL-DAY CHILDCARE (Pope Francis Childcare Centre): PICK-UP

1. Upon arrival to the childcare centre entrance, families will be required to ring the doorbell to wait for access to enter the centre.
2. When families have gained access to the centre, they are required to pick-up their child(ren) at their assigned classroom.

Please note: Families are now responsible for signing their child(ren) out on their classroom attendances daily.

All entrances will have hand sanitizer for all individuals to use upon entering the premises.

With regards to personal belongings (i.e. backpack, lunch bag, extra clothing), please note that it is highly recommended that families limit the items being brought to the centre. Moreover, all items should be labelled with the child's name and stored safely in their personal cubby/assigned area.

IMPORTANT: Parents/guardians are required to inform Fun on the Run if their child(ren) develop Covid-19 related symptoms after pick-up or while at home.

Communication

Fun on the Run will provide all families and team members with all newfound policies and procedures set forth by the Centre prior to its re-opening. The newly developed policies include health and safety protocols related to Covid-19 and other infectious diseases.

In an effort to help stop the spread of Covid-19, the use of in-person communication will be limited. Therefore, the majority of important information will be shared with families via email and telephone. Information will also be available to families on Fun on the Run's website and monthly newsletters. Any changes to policies will be communicated to families via email upon their release.

Emergency Protocols

In the event that an incident, accident or emergency takes place, Fun on the Run will follow all existing procedures set forth in the Parent Handbook (2021), which follows the immediate phone call to the affected children's parents and emergency services (911) if required.

In the event that a child is suspected of having Covid-19, Fun on the Run will communicate with families proximately with a phone call requesting for immediate pick-up. If a child's guardians are unreachable, individuals listed as emergency contacts on the child's registration form will be contacted, where immediate pick-up will be requested.

Outbreak Management

In the event of an outbreak, Fun on the Run Pre-School Centre will implement the following actions, in order to secure the program and to ensure the health and safety of all children, families, and team members:

- 1. Important information will be communicated to families via email and telephone, along with provided tip/fact sheets, posters, helpful documents/websites, and more.*
- 2. Team members will ensure to closely monitor all children (and themselves), in an effort to discover any symptoms that may develop.*
- 3. Enhanced cleaning and disinfecting will be practiced by all centre team members, which will include but will not be limited to sanitizing surfaces, furniture, and floors **more frequently** during the day (i.e. during outdoor play and naptime).*

To support ongoing monitoring and transparency related to Covid-19 impacts, Fun on the Run will monitor absenteeism rates in the programs. Fun on the Run will no longer be routinely notifying families of positive cases and/or close contact exposures or if an individual is absent due to symptoms associated with Covid-19.

If absenteeism rises to a defined level in a child care program (approximately 30% above baseline), Fun on the Run will send a template notification to team members and families in the affected child care setting.

Post Covid-19 Vaccination

Isolation and Testing

If a child, team member, placement student, or visitor possesses a mild headache, fatigue, muscle aches and/or joint pain that has continued and worsened beyond 48 hours of receiving the vaccine, or if the individual develops other Covid-19 related symptoms, they are required to exit Fun on the Run's childcare centre immediately. Moreover, those individuals are not permitted to enter the childcare centre and should self-isolate for 5-10 days (depending on the recommendations provided by York Region Public Health).

Please note that pain, redness, and swelling at the site of the vaccine injection are not symptoms compatible with Covid-19.

Similar to other vaccines, the COVID-19 vaccine can cause side effects. Although, not every individual will experience the side effects the same or at all. Most side effects are mild to moderate in severity and may occur in the first day or two after receiving the vaccine.

Common side effects include pain, redness, or swelling at the injection site, as well as tiredness, headache, muscle pain, chills, joint pain, and fever.

Ventilation

In an effort to ensure optimal health and safety at all times, Fun on the Run will safeguard adequate ventilation, by following the guidelines below:

1. Opening windows.
2. Moving activities outdoors, when possible.
3. Ensuring HVAC systems are in good, working condition.

Access to the Childcare Centre (Waitlist Policy)

In the event a waitlist is required where the number of registrations exceed the limit of available spots in the childcare centre, Fun on the Run will prioritize the limited childcare spaces based on the following families:

1. *Families with children who were placed in emergency childcare centres;*
2. *Families where all guardians must return to work outside of their dwelling;*
3. *Families with special circumstances, including supporting children with special needs; and*
4. *Other localized circumstances.*

Equipment and Toy Usage

Fun on the Run is only able to provide toys and materials that can be cleaned and disinfected. Restricted toys and materials include: plush toys, carpets, yarn/string, foam blocks, wood blocks, books, etc. **Families are not permitted to bring ANY toys/materials from home into the Centre.**

All centre toys, equipment and materials will be cleaned and disinfected by end of program.

Meals/Snacks

Fun on the Run is no longer permitting self-serve meals (breakfast, lunch*, and snack). Moreover, meals will be served to children in individual portions. It is a requirement that each classroom prepare meals/snacks for their group ONLY. Moreover, there must only be one (1) food preparer per classroom; this individual must possess a 'Food Handler' certificate and it must be the same team member preparing food each day. This is done in an effort to prevent cross contamination; team members in a classroom responsible for cleaning/disinfecting should **NOT** be preparing food items.

****Please note that lunch will only be served at Pope Francis Childcare Centre. Families enrolled within a before-and/or-after school program will be required to pack a lunch on a daily basis****

Please note that there is absolutely no sharing of food, utensils, dinnerware, sippy cups, bottles, soothers, etc. permitted within the childcare centre. Moving forward, it is imperative that all

personal belongings (water bottles, lunch bags, etc.) are labelled with each child's name, preventing inadvertent transmission of germs.

The implementation of proper hand hygiene is continuously practiced while team members are preparing meals/snacks, as well as before and after eating meals. Correspondingly, children will no longer be permitted to participate in baking/cooking activities as a group. Instead, they may do so on an individual basis.

Please be mindful to limit the food brought from home, as Fun on the Run continues to work diligently on preventing cross contamination.

Helpful Tips

In an effort to ensure the health, safety and well-being of all individuals, Fun on the Run has established a list of **preventative measures** that may be helpful in the childcare centre.

- 1. Consider packing an extra pair of clothes for your child (just in case).*
- 2. Consider packing water bottles that are recyclable/disposable, in an effort to extend sanitary practices. If reusable bottles are preferred, consider keeping one permanently On-site without having it leave the premises.*
- 3. Practice proper hand hygiene as often as possible.*

Coping Strategies (Mental Health)

During these challenging and stressful times, it is important to remember that Covid-19 in all of its representations is something we are experiencing together, as a community. This means that we are expected to be understanding of one another, supporting each other in an effort to restore our mental health.

With that being said, Fun on the Run's head office administrators and Site Supervisors are always available to offer support and assistance to all children and families. Moreover, we vow to listen to all concerns brought to our attention and will support individuals to the best of our ability.

In an effort to cope with the effects generated by Covid-19, Fun on the Run has created a list of coping strategies that some individuals might find useful. Please see below:

- 1. Keep informed – Listen to advice and recommendations from local authorities.*
- 2. Establish a routine – Keep up with a set schedule that supports your mental health.*
- 3. Minimize newsfeeds – Try to limit how much you watch and listen to; it can get overwhelming.*
- 4. Help others – Offer support to individuals in your community who may need it.*
- 5. Increase physical activity – Going for walks (especially outdoors) can help to reduce stress.*
- 6. Talk it out – Reach out to friends and families to express your feelings and emotions.*

Fun on the Run also vows to support the social and emotional health and wellbeing of team members, children, and families, in addition to providing safe and healthy environments.

Fun on the Run will also collaborate with child and youth mental health agencies, in an effort to support strong connections and make the best use of mental health resources and supports across the integrated system of care.

Important Phone Numbers

Fun on the Run – Head Office

[\(905\) 265-7458](tel:(905)265-7458)

Pope Francis Childcare Centre

[\(905\) 893-3552](tel:(905)893-3552)

York Region Public Health

[1-800-361-5653](tel:1-800-361-5653)

Ministry Health and Safety Contact Centre

[1-877-202-0008](tel:1-877-202-0008)

Telehealth Ontario

[1-866-797-0000](tel:1-866-797-0000)

Additional Resources – Informative Websites

Individuals interested in learning more about Covid-19 and/or newly developed protocols established by York Region, please visit the following websites, as they could potentially dissipate some the uncertainties you may have:

Childcare Guidance for Educators:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_child_care_guidance.pdf

Mental Health Support:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

York Region Public Health:

www.york.ca/covid19

Public Services Health and Safety Association:

www.pshsa.ca

Ministry of Education - Before and After School Programs Policies and Procedures:

<https://www.ontario.ca/page/before-and-after-school-programs-kindergarten-grade-6-policies-and-guidelines-school-boards>

Ministry of Education – Operational Guidance during Covid-19 Outbreak: Childcare Reopening:

<https://www.ontario.ca/page/operational-guidance-during-covid-19-outbreak-child-care>

Appendix A:

HOW TO SPEAK TO YOUR CHILD ABOUT COVID-19

- It is important to take an honest approach when speaking to your child in order to ensure they have accurate information about the pandemic
- Use language that is age-appropriate
- Let your child know that many healthcare practitioners and scientific experts are working hard to keep us all safe and healthy
- Validate your child's concerns and feelings. You can let them know you will be there for them whenever they need you or when they have questions or concerns
- Some children may regress with certain skills. For example, a child may start asking for help with getting dressed or a younger child may have more tantrums or may show aggression. You can respond in a caring manner, and you can distract and redirect
- Limit exposure to news and media as this can increase anxiety for both children and parents, and when tuning into news, choose a reliable news source
- Find creative ways to keep in touch with family and friends, and maintain daily routines
- It is important for parents and caregivers to role model healthy coping skills, and self-care. You can do this by ensuring you get adequate sleep, eat a nutritious diet based on [Canada's Food Guide to Healthy Eating](#), and exercise daily
- If you or your child are having challenges coping during this time, reach out to your physician, [Family Services of York Region](#), the [Canadian Mental Health Association](#) or [Kids Help Phone](#) for support



INFLAMMATORY ILLNESS AND CHILDREN

There is a rare, but serious inflammatory illness that has occurred in a small number of children globally, which is thought to be associated with COVID-19, and includes symptoms suggestive of an illness called Kawasaki disease. This illness usually occurs weeks after COVID-19 infection. Researchers believe that symptoms may be a delayed immune response to the virus.

- Some children develop symptoms such as persistent fever, severe stomach pain and gastrointestinal symptoms, including nausea, vomiting, diarrhea and a rash, pink eye, and red/purple discolouration to hands, fingers, feet and/or toes, and skin may peel (COVID-toes)
- If you think your child has any of these symptoms, make sure to seek advice from a health care provider, including your child's doctor, [Telehealth Ontario](#), or go to the emergency room
- You should take your child to the hospital right away if they have any of the following symptoms:
 - » Fast breathing or trouble breathing
 - » Bluish skin colour
 - » Not drinking enough fluids
 - » Not waking up or not interacting
 - » Being so irritable that the child does not want to be held

ROUTINE IMMUNIZATIONS DURING COVID-19

While vaccines provided through schools may be delayed with school closures, it is still important that you talk to your health care provider about staying up-to-date on other routine vaccines for infants and children.

- Routine vaccines: infants and children
 - » Two, four and six month vaccines (pertussis, tetanus, diphtheria, Hib, polio, pneumococcal and rotavirus)
 - » Twelve and fifteen month vaccines (meningococcal, pneumococcal, measles, mumps, rubella and varicella)
 - » Eighteen month vaccines (pertussis, tetanus, diphtheria, Hib, polio)
- Routine vaccines: adolescents and adults
 - » Boosters and catch-up vaccines can be given if you are seeing your healthcare provider for other urgent issues
- Seasonal influenza vaccines



COMMON SYMPTOMS OF COVID-19

If you feel any of these COVID-19
symptoms, please tell an adult:



FEVER AND/OR CHILLS
(temperature of
37.8°C or greater)



**COUGH OR BARKING
COUGH (CROUP)**



**SHORTNESS
OF BREATH**



**DECREASE OR LOSS OF
SMELL OR TASTE**



**SORE THROAT OR
DIFFICULTY SWALLOWING**



**RUNNY NOSE, OR
NASAL CONGESTION**
(unrelated to seasonal allergies or
returning inside from the cold)



**EXTREME TIREDNESS
OR MUSCLE ACHES**



**VOMITING AND/OR
DIARRHEA**

Stay COVID-smart!
Do your part to stop
the spread!


York Region

Appendix C:

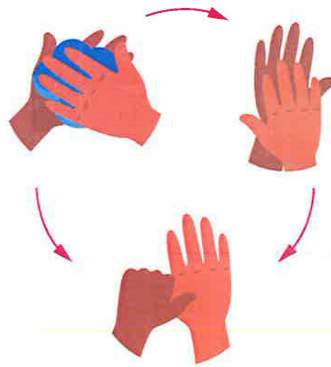
HOW TO CORRECTLY USE HAND SANITIZER



1 Apply a dime-sized drop to your palm



2 Spread sanitizer and rub palms together



3 Rub all around your fingers and thumbs, until dry



Important Tips:

- Use hand sanitizer when soap and running water are not available and hands are not visibly dirty
- Use an alcohol-based hand sanitizer that has 60%-90% alcohol
- If you cannot use an alcohol-based hand sanitizer, look for one that has been approved for use by Health Canada
- Children should be supervised when using hand sanitizer product
- Do not apply hand sanitizer near an open flame
- Use moistened towelettes followed by hand sanitizer when hands are visibly dirty and soap and water are not available

Note: alcohol-based hand sanitizer dispensers must not be placed within 15cm (six inches) of a source of ignition (e.g., electrical outlet, light switch).

Stay COVID-smart!
Do your part to stop
the spread!


York Region

Appendix D:

PROPER CLEANING AND DISINFECTION PRACTICES

Cleaning

- Cleaning must always be the first step to remove dirt and debris from a surface and is necessary for a disinfectant to be effective
- Clean with a detergent, water, and friction and clean from least contaminated to most contaminated areas

Disinfectants

- Disinfectants are applied to a clean surface in order to kill disease-causing germs
- Disinfectants must have a drug identification number (DIN) if approved for use in Canada (common household bleach and isopropyl alcohol are the only exceptions)
- Always follow manufacturer's instructions for use (MIFU). Read label for direction on: dilution and mixing, personal protective equipment (PPE) needed (e.g., gloves, goggles), surfaces appropriate for use, contact time, efficacy on specific organisms, and rinsing requirements
- There are a variety of disinfectants in the market. Choose a disinfectant that is compatible with your surfaces and with contact times that fit your needs
- Check the expiry date. If a product has expired, do not use. Discard expired product safely or return to manufacturer
- Ensure the concentration of disinfectant is correct before use (i.e. use test strips)
- Toys that will be mouthed should be rinsed thoroughly with water following disinfection
- Do not use antiseptic wipes and other products intended for skin (i.e. alcohol-based hand rubs) on surfaces

Cleaning and disinfecting wipes

- Follow manufacturer's recommendations
- Wipes may become dry (improper storage or during use) due to fast drying properties before contact time is achieved
- Wipes are not recommended as a routine cleaning/ disinfectant tool, especially for heavily soiled surfaces
- They can be used for items that cannot be soaked and for small items that must be disinfected between uses
- Ensure the surface or item remains wet with the product for the required contact time (additional wipes may be needed)
- Wipes must be kept wet and should be discarded if they become dry

Blood and body fluid spills

- Wipe spills immediately- use disposable towels to remove most of the organic matter, clean the area and then disinfect the spill area
- See the chart below for examples of disinfectants to use depending on volume of blood/ body fluid spill

When to Clean and Disinfect	Examples of Active Ingredients/ Disinfectant Products	Contact Time (minutes)	Where to Clean and Disinfect
1. Everyday use (non-outbreak) 2. Minor blood/ body fluid spill (drops of fluid) Effective against: <i>Vegetative bacteria and enveloped viruses</i> <ul style="list-style-type: none"> • <i>Staphylococcus aureus</i> (includes MRSA) • <i>Streptococcus</i> • <i>Salmonella</i> • <i>Vancomycin Resistant Enterococcus (VRE)</i> • <i>Human Immunodeficiency Virus (HIV)</i> • <i>Respiratory Syncytial Virus (RSV)</i> • <i>Influenza Virus</i> • <i>Pseudomonas Aeruginosa</i> • <i>Herpes</i> 	100 ppm bleach solution (Everyday use; non-outbreak)	10	Surfaces: <ul style="list-style-type: none"> • Door knobs • Hand rails • Chairs • Tables • Elevator buttons • Telephones • Counter tops • Sink faucet handles • Toys • Commode chairs • Shared play equipment • Vinyl mattress covers • Floor mats • Water fountains • Diaper change stations
	1,000 ppm bleach solution (Minor blood/ body fluid spill)	10	
	Quaternary Ammonium Compounds (QUATS) (i.e. Lysol®, ED- Everyday Disinfectant, Quato 78 Plus™, A-3®, Swish Clean and Green™)	MIFU	
	3% Hydrogen Peroxide	10	
	70-90% Alcohol (Ethyl or Isopropyl) (For soaking)	10	
	Zochlor	MIFU	
	Benefect®	10	
1. Outbreak situation 2. Major blood/ body fluid spill 3. Confirmed viral or bacterial infection of pathogens listed below (non-outbreak situation) Effective against: <i>Mycobacteria, enveloped and non-enveloped viruses and fungi</i> <ul style="list-style-type: none"> • <i>Mycobacteria tuberculosis</i> • <i>Norovirus</i> • <i>Hepatitis A Virus</i> • <i>Rotavirus</i> • <i>Coxsackie Virus/ Hand, Foot and Mouth Disease</i> • <i>Rhinovirus/ Common Cold</i> • <i>Candida</i> 	5,000 ppm bleach solution Also a sporicidal (see below for recipe)	10	Equipment: <ul style="list-style-type: none"> • Blood pressure cuffs • Thermometers • Stethoscope
	6% Hydrogen Peroxide	30	
	Enhanced Action Formulation Hydrogen Peroxide	MIFU	
	Zochlor	MIFU	

Note: York Region Community and Health Services does not endorse any of the examples of brand name products listed above.

Bleach (Sodium Hypochlorite) Solutions

- Use undiluted household bleach (5.25% or ~50,000 ppm) when making the solutions in the chart below
- When making bleach solutions, add bleach to water- do not add water to bleach
- Store bleach solutions in closed containers, away from heat and light
- Bleach solutions should be properly labelled
- Online dilution calculator available from Public Health Ontario at the following link:
<https://www.publichealthontario.ca/en/health-topics/environmental-occupational-health/water-quality/chlorine-dilution-calculator>

Parts per million (ppm) Concentration	Recipes (~≈ approximately, t=teaspoon, tb=tablespoon)
100 ppm (1:500, 0.01%)	Mix 2 ml (0.4 t) of bleach with ~1 L (4 cups) of water
1,000 ppm (1:50, 0.1%)	Mix 20 ml (4 t) of bleach with ~1 L (4 cups) of water
5,000 ppm (1:10, 0.5%)	Mix 100 ml (6 ½ tb) of bleach with ~1 L (4 cups) of water

Appendix E:



The COVID-19 vaccine is safe and effective for children and youth


Vaccinating your child will protect them from COVID-19 and the Delta variant, keep schools safer and open for in-person learning, and help stop the spread of the virus.

Learn more at ontario.ca/covidvaccinekids

It's okay to have questions about the vaccine.

Contact:

- ▶ The Provincial Vaccine Contact Centre to speak to an experienced agent or health specialist in more than 300 languages at 1-833-943-3900 (TTY: 1-866-797-0007).
- ▶ The SickKids COVID-19 Vaccine Consult Service to book a phone appointment with a paediatric Registered Nurse through sickkids.ca/vaccineconsult or 1-888-304-6558.

Ontario 

Childcare Health and Safety Guidelines

Taking Action Against Covid-19 and Other Infectious Diseases

Parent/Guardian Acknowledgement

Once you have read the Childcare Health and Safety Guidelines handbook, Fun on the Run requires parents/guardians to acknowledge that they have read and understand all policies and procedures established within this handbook. Once completed, it is a requirement to submit this page to the Centre's Site Supervisor, to ensure your child's registration is complete.

Parents/Guardians are encouraged to communicate directly with Fun on the Run's head office administrators should they require additional clarification or have any questions, comments, or concerns regarding the policies and procedures outlined in this handbook.

All families must adhere to the policies and procedures set forth by the Centre, including the infection prevention and control plan protocols, as well as the protocols set forth by the Ministry of Education. Moreover, all parents/guardians are required to review this handbook in its entirety prior to entering our program and annually thereafter or upon any changes or modifications to the policies.

PARENT/GUARDIAN AGREEMENT

I, _____, acknowledge that I have read and understand the policies and procedures set forth by Fun on the Run within this handbook.

My signature below signifies that I understand my duties and responsibilities to Fun on the Run and that I will fulfill the requirements of the Childcare Health and Safety Guidelines handbook.

Parent/Guardian Name: _____ **Signature:** _____

Date: _____