

**Emmanuel Day Care**  
2121 Cedar Hill Cross Road  
Victoria, BC V8P 2R6  
250-598-0573

**Covid-19 Health & Wellness Policy**  
**Updated March 2021**

Please remember the Covid-19 public health emergency is rapidly changing, and our ability to remain open may change without notice; or we may be ordered to close in the upcoming months by BC's provincial health officer, Dr. Bonnie Henry, and/or our licensing officer.

Before arrival, parents are instructed to do a Health Check; take their children's and their own temperatures each morning at home. Please refer to attachment: **When to get tested for COVID-19.** If the child has a temperature, they must remain home, as per the health policy, below:

<b>Symptom</b>	<b>May return when</b>
Temperature of 101.8 F / 38.8 C or higher (orally) or 99 F / 37.2 C or higher (under arm)	After 10 days or when symptom free, whichever is longer
Chills	After 10 days or when symptom free, whichever is longer
Cough	After 10 days or when symptom free, whichever is longer
Difficulty breathing or wheezing	After 10 days or when symptom free, whichever is longer
Loss of sense of smell or taste	After 10 days or when symptom free, whichever is longer
Nausea and Vomiting	After 10 days or when symptom free, whichever is longer
Diarrhea	After 10 days or when symptom free, whichever is longer
Individuals living with others in the same home who have just returned from international travel	After self-isolating for 14 days and being symptom free
Individuals living with other in the same home who have been identified as at-risk of potential Covid-19 exposure	After self-isolating for 14 days and being symptom free

Children usually have very mild symptoms of Covid-19. These symptoms are often a low fever and a dry cough. Some children do not have any symptoms. For children, it is important to think about what is usual or unusual about their specific symptoms. For example, a child may have a runny nose due to seasonal allergies.

Check with your health care provider or call 811 to speak to a nurse if you have concerns.

**Additionally, our regular health and wellness policy stands:**

**Children may NOT attend childcare program while they have any of the following symptoms:**

- Unusual, unexplained loss of appetite, fatigue, irritability, or headache
- Eye infections
- Unexplained rashes
- Known or suspected communicable diseases (measles, chicken pox, pink eye, hand foot and mouth, etc.)
- Nausea, vomiting and/or diarrhea in the last 48 hours and must stay home for 10 days to evaluate their symptoms

*We do not recommend that children with any underlying health concerns attend childcare programs during the Covid-19 pandemic.*

If your child develops **ANY** of the above symptoms while in our care, we will move them to a separate supervised area, and you will be required to pick them up immediately. Emmanuel Day Care will not be held liable for any changes to your child's health.

If your child develops **ANY** of the above symptoms, they are **NOT** able to return to Emmanuel Daycare for **10 days** after the symptoms first appear.

**If a child begins to experience symptoms of Covid-19 while attending day care:**

- Symptomatic children are immediately separated from others in a supervised area until they can go home. In addition, where possible, anyone who is providing care to the child should maintain a 2-metre (6 feet) distance.
- If a 2-metre distance cannot be maintained from the ill child, advice from the local public health unit will be necessary to prevent/limit virus transmission to those providing care.
- While contacting the public health unit, at minimum the child and childcare worker will wear a surgical/procedure mask (if tolerated).
- Hygiene and respiratory etiquette will be practiced while the child is waiting to be picked up.
- Tissues will be provided to the child for proper respiratory etiquette, with proper disposal of the tissues and proper hand hygiene.
- Environmental cleaning of the space the child was separated, will be conducted once the child has been picked up.
- Contact the local public health unit to notify them of a potential case and seek input regarding the information that will be shared with other parents of children in the childcare centre.
- Children with symptoms must be excluded from childcare for 14 days after the onset of symptoms.

- Children or staff who have been exposed to a confirmed case of Covid-19 or symptomatic person(s), will be excluded from the childcare setting for 14 days.

### **Health, Safety, Cleaning and Drop-off/Pick-up Procedures:**

- Parents must check their temperature and wear a mask before entering the building when dropping-off or picking-up a child.
- Parents will enter Day Care Playground to drop-off/pick-up child. We require one designated parent/guardian for drop-off/pick-up.
- Enter the Day Care hallway through the side door.
- Parent and child use hand sanitizer.
- Hang up outside clothing. Change shoes and put in cubby.
- Parent sign the Covid disclaimer and sign-in child.
- The Teacher will greet you and your child at the Art room door.
- The Teacher will take your child to wash their hands with soap and water for 30 seconds.
- Parents leave by going one way (follow the arrow) up the hall and out the side door entrance to the side parking lot.
- At the end of your child's day, if children are not outside, parents will enter the playground and knock on the Day Care classroom door.
- If the children are in another location in the building (eg. Gym), the parent can go to the main entrance by the Church office and ring the doorbell during office hours (8:30am-noon; 1-3:30pm) and use hand sanitizer.
- After 3:30pm the children will be in the Day Care classroom or outside.
- Sign-out your child.

### **Supplies in Day Care**

- All soft items will be removed from the room, no dress-up, stuffies, dolls, etc.
- Only hard books, as these can be cleaned easily. Staff can read other books, washing hands before and after.
- The nap cots will be laid out permanently in the third day care room with safe distancing.

### **Outdoors**

- Staff and children are encouraged to be outdoors as much as possible throughout the day.

### **Cleaning Protocols**

- We have licensed approved disinfectant in spray bottles used with paper towels to clean items.
- All high touch surfaces (door handles, light switches, washrooms, sinks, etc.) are cleaned 3 times per day: mid-morning, naptime, by custodian in evening.

- Clean and disinfect any surface that is visibly dirty.
- Clean and disinfect cots after each use.

### **Health Protocols**

- Staff and children will follow strict health protocols.
- If a staff member is unwell with any of symptoms, they will be required to stay home and self-isolate for the next 10 days.
- We will ensure and supervise hand washing is being done when; entering the building; before and after eating times; after washroom use; after coughing or sneezing; etc.

### **Others**

- Children are NOT required to social distance from each other. We will encourage them to not congregate in a big group, however, children are social beings and we will allow them to be social with each other. Due to enrollment numbers and area of footage per child required by Licensing this is very manageable.
- We want Emmanuel's Day Care to be a calm and caring place for the children.

# 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"><li>• Fever (above 38° C)</li><li>• Chills</li><li>• Cough</li><li>• Loss of sense of smell or taste</li><li>• Difficulty breathing</li></ul>	<p><b>1 or more of these symptoms:</b> Get tested and stay home.</p>
<ul style="list-style-type: none"><li>• Sore throat</li><li>• Loss of appetite</li><li>• Headache</li><li>• Body aches</li><li>• Extreme fatigue or tiredness</li><li>• Nausea or vomiting</li><li>• Diarrhea</li></ul>	<p>If you have <b>1 symptom:</b> Stay home until you feel better.</p> <p><b>2 or more of these symptoms:</b> Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p>

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](http://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.**