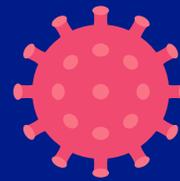


COVID-19 (Coronavirus)



Guidance for Bermuda's Day Care Centres and Providers

Based on guidelines from the World Health Organization, the following information is provided by the Ministry of Health for Day Care Centres and Home Care Providers.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some persons may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention and call in advance.

How does COVID-19 spread?

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching

their eyes, nose or mouth. If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. Try to maintain at least one metre (three feet) distance between yourself and anyone who is coughing or sneezing. The risk of catching COVID-19 from someone with no symptoms at all is very low. COVID-19 is not spread by mosquitos, water, or food.

Should I worry about COVID-19?

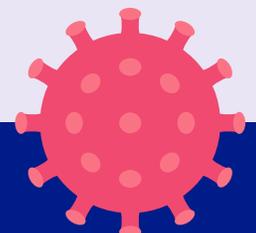
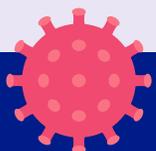
Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about one in every five people who catch it need hospital care. It is therefore quite normal for you to worry about how the COVID-19 outbreak will affect you and your loved ones. You can channel your concerns into actions to protect yourself, your loved ones and our community. First and foremost among these actions is:

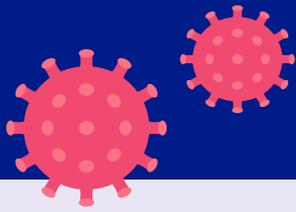
- Regular and thorough hand-washing with soap and water. If soap and water aren't immediately available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, mouth, and nose.
- Practice good respiratory hygiene. Cover your cough or sneeze.
- If you are unwell stay at home. You also must not attend social gatherings or attend extracurricular activities.

Should I wear a mask to protect myself?

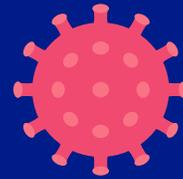
Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face masks can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use

**Stay informed on the latest developments about COVID-19 by visiting the
Government of Bermuda's website <https://www.gov.bm/coronavirus>**





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masks wisely. The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least one meter (three feet) from people who are coughing or sneezing.

What precautions can Day Care Centres and Providers take to minimize risk?

- Lead by example, young children model the behaviours demonstrated by their caregivers. If hand washing routines are important to you, it will be important to them.
- Teach hand washing procedures in five easy steps: Wet, Lather, Scrub, Rinse, and Dry.
- Use a familiar tune such as Row, Row, Row Your Boat or a 20 second timer to help young children gauge how long the routine should last.
- Soap and water remains the best method to get rid of germs. Baby wipes should not be used as a substitute for hand washing.
- Hand sanitizer with a minimum of 60% alcohol content may be used by adults. It is not suitable for use with young children due to the alcohol content.
- Ensure you are stocked with cleaning supplies, gloves, soap, and paper towels, and they are clearly labeled and safely stored.
- Modify your daily schedules by providing increased opportunities for hand washing routines.
- Hand washing should occur throughout the day but definitely before and after feeding, toileting, wiping noses, trash and waste disposal.
- Surfaces should be wiped off throughout the day, and should include door knobs, light switches, railings etc.
- Maintain the required protocols for the sanitation, health, and safety standards as outlined in the Child Care Standards 2018. This includes but not limited to:
 - o Ensure isolation room is available
 - o Gloves should be worn when changing diapers followed by hand washing

- o Potties, cots, sleeping mats should all have wipeable surfaces and cleaning schedules should be increased.
- Restrict the use of toys that do not have wipeable surfaces e.g. cloth books, soft rattles.
- Review and update your sick child policies and Emergency Plan. Included in the plan should be emergency contact information for all children, authorized persons, and members of staff.
- Ensure that your updated Emergency Plan and sick child policies are shared with parents.
- Maintain levels of appropriate supervision throughout the day during all routines.
- Begin to develop contingency plans for staff absenteeism, it is imperative that you maintain full staff coverage to ensure appropriate levels of supervision.
- Update emergency contact numbers for parents and/or authorized.

What steps should I take if a child and/or a staff member becomes ill at school?

- Isolate children who have flu-like symptoms in the designated isolation room with an adult. If possible, the supervising adult must try to maintain a distance of at least one metre (three feet).
- Notify the child's parent or guardian to collect their child.
- As soon as possible, send the child and/or staff member home.
- Please advise the parent and/or staff to notify their Paediatrician, GP, or clinic for next steps.
- Conduct a deep clean of the facility to prevent further infection.

Young children are quite astute, and often keenly aware when external stressors are impacting their primary caregivers. Please take every opportunity to provide them with the extra support and reassurance they will require. We encourage you to take the proper precautions to keep yourselves and the children you care for healthy and safe.

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