

RETURNING TO SCHOOL

HEALTH & SAFETY TRAINING

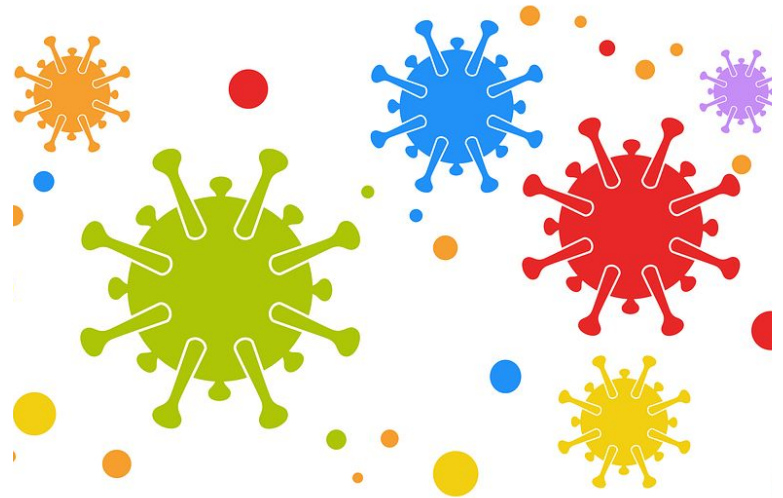
Sandhurst Cooperative Preschool
Sept. 2021

COVID-19/ HOW DOES IT SPREAD?

COVID-19 is a novel virus causing a global pandemic!

COVID-19 spreads mostly through respiratory droplets and particles in the air. Viral droplets and particles can infect a person by being breathed in or landing on their eyes, nose, or mouth. In some circumstances, they may spread by touching eyes, nose, or mouth after touching contaminated surfaces.

Delta variant - more infectious and may cause more severe illness than previous strains



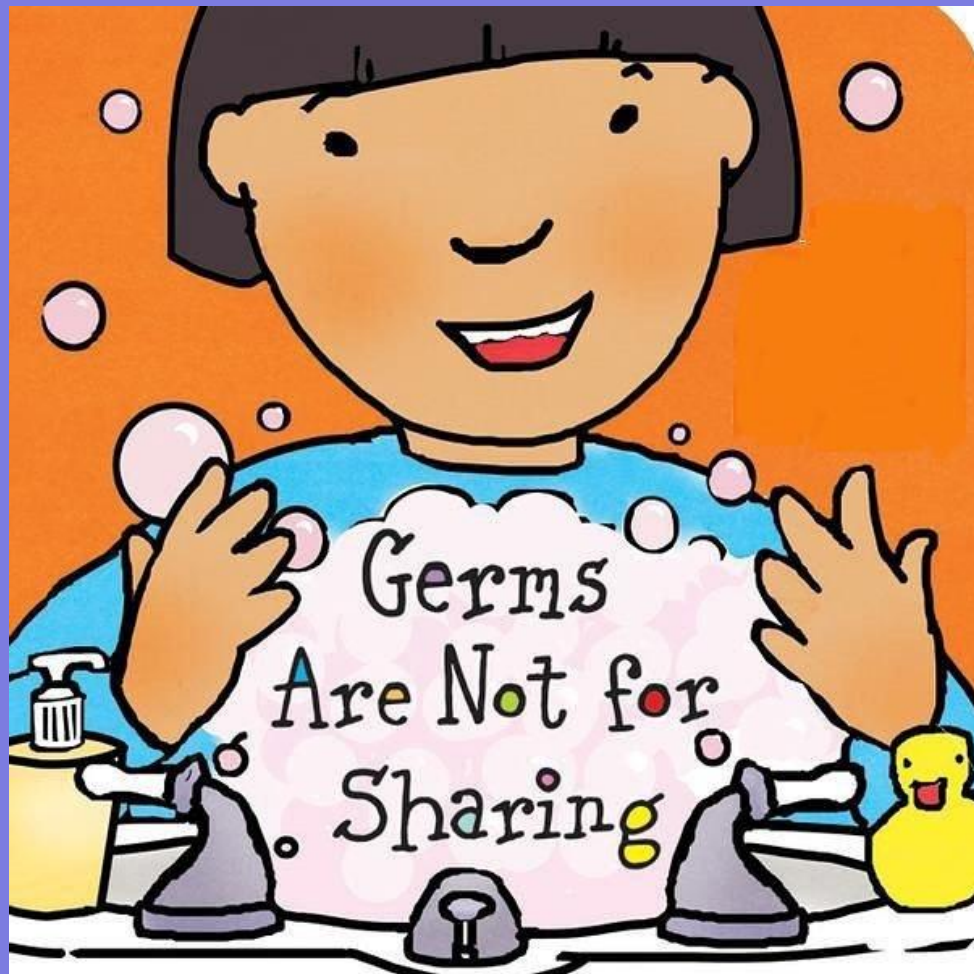
SYMPTOMS OF COVID-19

- Fever (100.4°F) or chills
- 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

Worried you may have it?

Find a testing location near you:

<https://kingcounty.gov/depts/health/covid-19/testing.aspx>



STAY HOME IF
YOU ARE SICK!

COVID SICK POLICY

In addition to Sandhurst Co-op's standing Sick Policy...

If you or your child have been exposed to COVID-19 and are not fully vaccinated, have COVID-like symptoms, or are sick with any other illness, please **STAY HOME!** When there is illness, we ask that you or your child receive a negative COVID test, wait 24 hours after fever resolves without use of fever-reducing medication, and have improved symptoms before returning to school.

Please refer to the flow chart published by the Washington State Department of Health to determine how long individuals should stay home depending on their symptoms, test results, and exposure:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-287-COVID-19SymptomEvalMgmtFlowChart.pdf>

WHAT IF SOMEONE BECOMES SICK AT SCHOOL?

- Separate and supervise the sick person from a safe distance until they can leave school, regardless of vaccination status.

A child who becomes sick at school will wait in the parent education room with a working caregiver until their parent arrives to take them home.

- If possible, the sick person should wear a mask. The room will be aired out, cleaned, and disinfected after they leave.
- The family of the sick child will then get tested and wait for symptoms to improve before returning to school.

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-287-COVID-19SymptomEvalMgmtFlowChart.pdf>

IF YOU TEST POSITIVE FOR COVID-19

Stay home & isolate until at least:

- 10 days since symptoms started (up to 20 days for those who are severely ill or immunocompromised) **AND**
- 24 hours after fever resolves without use of fever reducing medications **AND**
- Symptoms have improved

Call your doctor for more information!



IF YOU TEST POSITIVE FOR COVID-19

If any cooperative member **knowingly** attends school while positively infected, after an exposure, awaiting a test result, or otherwise directed to quarantine due to COVID-19, this will be grounds for immediate removal and expulsion from Sandhurst.

If you or your child are diagnosed with COVID-19, you must contact Andrea Thurlow, All School Health & Safety, at healthandsafety@sandhurstcoop.org as soon as possible.

If there is a positive test with either our families or teachers, class will go to remote learning for 2 weeks. NSC and our local health jurisdiction will be notified and consulted to determine the next course of action. We will keep our community informed while not disclosing any confidential information of the person(s) who tested positive.

TRAVEL GUIDELINES



We encourage our staff and families to follow the CDC recommendations below after traveling:

- **Fully vaccinated** individuals self monitor for COVID-19 symptoms and isolate and test if they develop symptoms. No quarantine is required if asymptomatic.
- **Unvaccinated** individuals should get a viral test 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days. If they choose to not get tested, they should self-quarantine for 10 days.

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

HOW WE WILL STAY SAFE AT SCHOOL?

- Vaccination requirements
- Mask wearing
- Small groups and physical distancing
- Use of outdoor spaces and maintaining indoor ventilation
- Daily health screening
- Minimizing exposure at drop-off and pick-up
- Frequent hand washing
- Environmental cleaning and disinfection

Remember: We are all responsible for our safety. Friendly reminders to each other are welcome. We're all in this together.



COVID-19 VACCINES

**COVID-19 Vaccines are SAFE and
EFFECTIVE!!!**

**Vaccination is the most important public health
tool to control the pandemic**

For more information on COVID-19 vaccines and
where to get vaccinated, please visit the
Washington State Department of Health website.

[https://www.doh.wa.gov/Emergencies/COVID19
/Vaccine](https://www.doh.wa.gov/Emergencies/COVID19/Vaccine)

Considered fully vaccinated:

1. 2 weeks after the 2nd dose of a 2-dose
series (Pfizer or Moderna vaccines)

OR

2. 2 weeks after a single dose vaccine
(Johnson & Johnson's Janssen vaccine)

VACCINATION REQUIREMENTS

All adults working in the classroom and/or dropping-off and picking-up children from school are required to be fully vaccinated with a COVID-19 vaccine.

Exemptions are allowed for religious or medical reasons only.

Anyone entering the classroom must register with North Seattle College and vaccine information will be collected on ctclink. Besides the usual registration option, there is a 1 credit option for alternate caregivers who may sometimes work in the classroom (i.e. grandparent or nanny). We encourage our families to submit their vaccine information before the first day of class, but it is not required by NSC until October 18th for anyone who needs more time to become fully vaccinated.

MASK WEARING

Reduces an infected person's chance of spreading the virus to others when speaking, coughing, or sneezing.

Masks must completely cover the mouth and nose, and fit snugly against the side of the face.

Please do not wear masks with valves or neck gaiters.



MASKS REQUIREMENTS

Mask requirement for **indoor** activity

- **Under 2 years:** No masks
- **2-4 years:** Strongly encouraged
- **5+ years:** Must wear masks
- **100% of adults** are required to wear masks, regardless of vaccination status.

Mask requirement for **outdoor** activity

- We strongly encourage mask wearing outdoors



MASK WEARING & CHILDREN

Tips to encourage mask wearing:

1. **Set an example and model a good attitude.** If you want your child to put on a mask, put yours on first.
2. **Explain the importance of mask wearing.** Superheroes wear masks to protect others!
3. **Make sure the mask fits and is comfortable.** Try different brands and find one that works for your child. Let your child pick out a fun fabric.
4. **Practice, practice, practice!** Teach them how to take it on and off. Practice at home and gradually increase the time.

Young children must be supervised while wearing masks and will need help with them.

We should encourage mask wearing unless eating or sleeping. If a child needs a “mask break,” remind them to give others space.



SMALL GROUPS & PHYSICAL DISTANCING

Small groups/Cohorts

- Keeping class sizes small reduces the number of close contacts
- Department of Health recommends group size based on each class' age group and the size of our indoor space
- The toddler and pre-3s classes must use some scheduling creativity to maintain our small groups. Thank you for understanding!



Physical Distancing

- Adults should maintain 6 ft
- Children should maintain 3 ft or more within groups while indoors

Toddler Care

- We all know that toddlers need to be held! The DOH recommends caregivers do the following when holding young children:
 - Wash hands frequently
 - Wash their hands, neck, and anywhere else touched by a child's body fluids
 - Avoid touching eyes while holding, washing, or feeding a child
 - Change child's clothes immediately when soiled with body fluids and then wash hands.

INTERACTING AT SCHOOL

Ways to encourage physical distancing at school:

- Adults will stay in their assigned working room and limit time congregating in hallways.
- Signs will be posted on classroom doors with the recommended max capacity of each room based on square footage.
- Limit chairs at tables. Put them 3 ft apart, facing the same direction when possible (v. face to face).
- Put cones/markers 3 ft apart at circle time and in hallways where lines form (i.e. bathroom)
- Ideally 1 adult/child per station. Adults will help guide and distance children as needed.



Saying hello & goodbye: We all need to greet each other - it's how we feel seen and acknowledged!

- Try air high fives!
- Or air hugs!
- Or a silly dance!

Allow for more space between people when singing our hello and goodbye songs.

OUTDOOR SPACES & INDOOR VENTILATION

Outdoor spaces

- Due to the size of our indoor space and the number of people in each class, we will need to move circle time and snack time outside under the tent.
- 3-5s class will also be going to View Ridge Park



Windows

Keep windows and doors open if it is safe and weather allows.

Air filters

We will use portable HEPA air filters indoors in rooms with poorer ventilation.

DAILY HEALTH SCREENING

- A daily health screening questionnaire will be emailed to all families and posted at the sign-in station at school.
- We ask that you use the questionnaire to assess your family's health at home before coming to school.
- When caregivers sign-in their child at school, they are attesting to their child's health.
- Although caregivers working in the classroom are not required to sign-in, we ask that they also screen themselves using the questionnaire before coming to school.

DROP-OFF & PICK-UP

Sign-in and sign-out station

- Located on the porch outside the front door of school.
- Hand sanitizer and clean pens will be provided for signing in and out.
- Please wear masks and stay 6 ft apart while waiting in line.

Drop off

- After signing in, caregivers will enter the building with their child, place their child's belongings in a cubby, and wash both their own and their child's hands at the kitchen sink.
- Non-working caregivers will then say goodbye to their child in the kitchen and exit through the kitchen door to maintain a one-way traffic flow.
- Working caregivers will go to their assigned classroom for the day. Toddler parents will stay with their child.

Pick up

- Children will go outside with their belongings for circle time and snack time as the last part of their class day.
- After class, working caregivers will leave with their children and sign-out at the sign-in/out station on the front porch after exiting the outdoor area.
- Non-working caregivers will sign-out their children at the sign-in/out station and then go to the outdoor area to pick up their children.

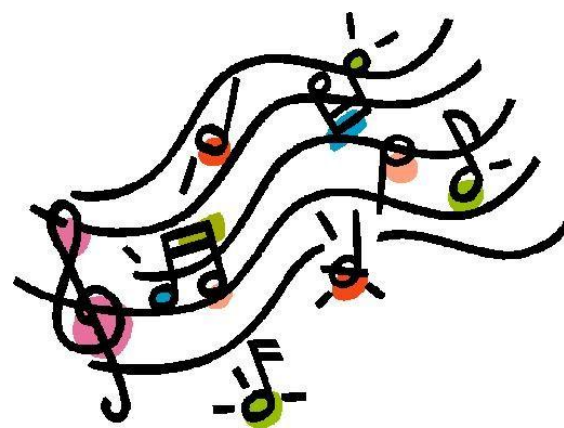


WASHING HANDS: SOAP & WATER

Adults and children must wash hands with **soap and water** for at least **20 seconds** when:

- Entering school
- After going to the bathroom
- After diapering or helping children with toileting
- Anytime they are in contact with bodily fluids
- Before eating
- When hands are dirty

Note: Hand sanitizer cannot be substituted in these situations!



Help young children wash their hands correctly!

Hand Washing Song:

Tops and bottoms, tops and bottoms
In between, in between
Underneath your fingernails, underneath your
fingernails
Don't forget to wash your thumbs

(sung to the tune of "Frere Jacques")

WASHING HANDS: HAND SANITIZER

Hand sanitizer with **at least 60% alcohol** may also be used when soap and water are not readily available:

- After using shared materials or equipment
- After outside time
- After eating
- After nose blowing or sneezing
- Before leaving to go home



Things to remember when using hand sanitizer at school:

- Do not use with children under 2 yrs old
- May only be used on children with adult supervision.
- Keep out of reach of children

CLEANING & DISINFECTION

Sandhurst will maintain already established routine cleaning procedures.

Teachers will be responsible for additional cleaning and disinfection of “high touch” surfaces, toys, and other hands on material or equipment after the end of each class.

Some changes will be made:

Limited shared material, removal of hard to clean items like play doh and stuffed animals, individually labeled containers and supplies, toy rotation

What can caregivers do to help at school?

- Place toys that have been put in children’s mouths or contaminated with bodily fluids in “drool” bins

Good news!!!

- Books and other paper materials are NOT high risk for spreading the virus and do not need additional cleaning
- Outdoor areas only require routine cleaning

FOOD/DRINK & BATHROOM USAGE



Food/Drink

- Bring a labeled water bottle and snack for your child every day.
- Snack will be served outside.
- We will be sitting on the ground to eat, so please plan accordingly!
- There will be an outdoor hand washing station for use before and after snack.

Bathroom

- We will be able to use the indoor bathrooms this year. Yay!
- Some tips to help with ventilation in the bathroom:
 - Close toilet lid before flushing
 - Use paper towels to dry hands instead of hand dryers
- Maximum of 2 adults at a time in a bathroom to help children
- Please encourage spacing while lining up in the hallway

WE KNOW THIS IS A LOT. BUT YOU ARE WORTH IT!

WE ARE COMMITTED TO HAVING THE BEST YEAR POSSIBLE WHILE KEEPING OUR CHILDREN AND COMMUNITY SAFE. PLEASE REACH OUT TO OUR ALL SCHOOL HEALTH AND SAFETY PERSON OR YOUR CLASS CHAIR IF YOU HAVE ANY QUESTIONS OR CONCERNS.

WE ARE A SUPPORTIVE COMMUNITY AND ARE HERE FOR EACH OTHER.

YOU ARE WELCOME HERE!

REFERENCES

Washington State Department of Health. (2021, July). Guidance for Child Care, Youth Development, and Day Camps During COVID-19. Retrieved from <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DOH-OSPI-DYCF-SchoolsChildCareGuidance.pdf>

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