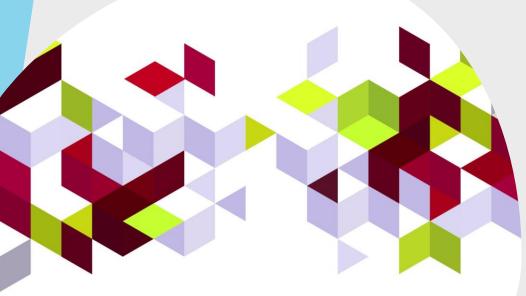


Childcare Provider: COVID-19 Foundations Digital Badge

Module 3 - Preventing the Spread



Preventing the spread of Covid-19

There are simple steps you can take to reduce the possible spread of COVID-19 and other illnesses such as influenza and the common cold.

- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer. The CDC recommends using ABHR with greater than 40% ethanol or 70% isopropanol
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose and mouth with unwashed hands
- Stay home while you're sick and avoid close contact with others.



Preventing the spread of Covid-19

The plan to keep Maine children and childcare providers safe

- Childcare providers and children over the age of 5 wear face coverings indoors and outside per state CDC guidelines and Executive Orders.
- Face shields can be worn for those not able to tolerate a face covering
- Teach and reinforce hand washing and covering coughs and sneezes
- The facility should ensure adequate supplies to support healthy hygiene
- Encourage social distancing
- Post signs

Preventing spread of Covid-19 Face coverings

- Guidelines from the Department of Health and Human Services for Face Coverings in Childcare facilities include:
- Staff and children (age 5 and over) must wear masks
- Children ages 2- 4 are encouraged to wear masks (unless deemed developmentally inappropriate)
- Children age 2 and under should not wear a face covering
- Face coverings are not required during rest/naptime
- Face coverings are not required during meal time

The Office of Children and Family Services recommends cloth face coverings

Preventing the spread of Covid-19 Social Distancing

- Social distancing, also called "physical distancing" means keeping space between yourself and other people outside of your home.
- To practice social or physical distancing stay at least 6 feet from other people.

Working in childcare facilities may make it difficult to practice "physical distancing" and so the Guidelines from Department of Health and Human services recommends a technique known as "Podding."

Preventing the spread of Covid-19 Podding (Social distancing)

Guidelines for podding and social distancing include the following:

- Childcare classes include the same group each day and the same childcare providers remain with the group each day
- Limit field trips, gatherings, events and extracurricular activities
- If possible, keep each group in separate rooms
- If possible, increase time outside
- To whatever extent possible, restrict the mixing of children
 - Stagger playground times
 - Keep groups separate for special activities
- If possible, space out seating
- Restrict nonessential visitors and volunteers
- Stagger use of communal spaces such as dining halls and disinfect between uses.

Preventing the spread of Covid-19 review questions

To help prevent the spread of Covid-19 in a childcare facility:

- A. Children should be grouped with the same children and provider everyday
- B. All children should wear a mask
- c. Good hand washing practices should be enforced
- D. Disinfecting of surfaces should be done between groups and at the end of the day
- E. A, C and D

Preventing the spread of Covid-19 review questions

- What is podding?
- A. Keeping children contained in pods.
- B. Keeping the same group of children in the same group each day.
- c. Grouping children with the same provider each day
- D. B&C

Preventing the spread of Covid-19 questions - answers

To help prevent the spread of Covid-19 in a childcare facility:

- A, C and D are all correct answers
 - A. Children should be grouped with the same children and provider everyday
 - B. All children should wear a mask
 - c. Only children over the age of 2 should wear a mask. All adults should also wear a mask. Wearing of a mask for children under 2 may cause breathing issues.
 - D. Good hand washing practices should been enforced
 - E. Disinfecting of surfaces should be done between groups and at the end of the day

What is podding?

- The correct is D B&C
 - B. Keeping the same group of children in the same group each day.
 - C. Grouping children with the same provider each day



You made it to the end of Module 3

Your next step is to learn about Drop off and Pick up Procedures