

GUIDANCE FOR PRESCHOOL, DAY CARE AND OUT OF SCHOOL CARE (CHILD CARE)

Overview

By implementing good public health practices, businesses and entities can reduce transmission of infections such as COVID-19, influenza, common colds and norovirus (a common germ that causes diarrhea and vomiting). All businesses and entities should promote all staff, volunteers and attendees and other eligible persons to be fully vaccinated with COVID-19 vaccine as well as supporting good public health practices such as:

- implementing practices to minimize the risk of transmission of infections among attendees such as staying home when sick, washing or sanitizing your hands often and practicing good respiratory etiquette;
- providing procedures for rapid response if an attendee develops symptoms of illness;
- maintaining high levels of cleaning and disinfection; and
- complying, to the extent possible, with any applicable Alberta Health guidance found at on the COVID-19 info for Albertans [website](#).

Children 0-11 years of age are not currently eligible for immunization against COVID-19 and remain the only age cohort in Alberta that is unprotected. To support ongoing safe operations, Operators should follow this guidance and the [General Guidance for COVID-19 and other Respiratory Illnesses](#). All Albertans are required to follow all applicable Chief Medical Officer of Health (CMOH) Orders, including the continued requirement for isolation.

This document has been developed to support operators of licensed preschools and child care centres in reducing the risk of transmission of COVID-19 as well as other infections among attendees (children, adolescents, adults, parents, guardians, staff and volunteers). This guidance builds upon the [Alberta Health Services \(AHS\) Health and Safety Child Care Guidelines](#), which all child care operators are required to follow. All licensed preschools and child care centres are also required to be in compliance with applicable zoning and health and safety legislation, including the [Early Learning and Child Care Act](#) and the [Early Learning and Child Care Regulation](#).

COVID-19 Risk Mitigation

General Guidance	<ul style="list-style-type: none">• Operators are encouraged to review and follow the General Guidance for COVID-19 and other Respiratory Illnesses.• Operators should notify families of the steps being taken to prevent the risk of transmission, and the importance of their roles in these measures.• Where possible, practices that encourage spacing should occur, for example:<ul style="list-style-type: none">○ Avoid close greetings like hugs or handshakes.○ Plan for spaced activities.○ Consider ways to set up rooms to avoid clustering or congested areas.
Screening and Response Plan	<ul style="list-style-type: none">• Staff, parents/guardians and children must not enter the space if they are not feeling well or have COVID-19 symptoms.

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- Individuals are legally required to [isolate](#) for 10 days if they test positive for COVID-19 or have any [core](#) symptoms that are not related to a pre-existing illness or health condition.
- Although, close contacts of positive cases are no longer legally required to quarantine, it is strongly recommended that all [unvaccinated household](#) contacts of a person infected with COVID-19 should stay home for 14 days.
 - A household contact is defined as a person who lives in the same residence as the case OR who has been in frequent, long-duration, close-range interaction with the person who tested positive.
 - This definition would include [unvaccinated](#) childcare staff who provide direct care for children who are unable to implement good standards of respiratory hygiene (e.g. unable to perform appropriate hand washing, covering coughs/sneezes, using and disposing of tissues).
- Before leaving home, staff and children who will access the child care, should self-screen or be screened by a parent/guardian for symptoms each day that they enter the centre using the applicable checklist for their age group ([Child Alberta Health Daily Checklist](#) or [Adult Alberta Health Daily Checklist](#)).
- The child care centre should ask parents/guardians if the child is feeling well.
- Parents/guardians should be provided a copy of the [Child Alberta Health Daily Checklist](#) upon registration.
- Operators are encouraged to set an expectation with parents/guardians that the checklist should be completed on a daily basis.
- If a child develops symptoms while at the facility or on a field trip, the child should be isolated in a separate room and the parent/guardian should be notified to come and pick up the child immediately. If a separate room is not available, the child needs to be kept at least 2 metres away from other children.
- If the child is young and requires close contact and care, staff can continue to care for the child until the parent/guardian is able to pick-up the child. Staff should wear a mask during all interactions with the child and should avoid contact with the child's respiratory secretions.
- Staff should wash their hands before donning a mask and before and after removing the mask (as per [Alberta Health mask guidance](#)), and before and after touching any items used by the child.
- All items, such as bedding, toys etc., used by the child in the 48 hours prior to the onset of their symptoms and while isolated should be cleaned and disinfected as soon as the child has been picked up. Items that cannot

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	<p>be cleaned and disinfected (e.g. paper, books, cardboard puzzles, etc.) should be removed from the centre and stored for a minimum of 24 hours.</p> <ul style="list-style-type: none"> • Anyone that reports symptoms should be directed to stay home, seek health care advice as appropriate (e.g., call Health Link 811, or their primary health care practitioner, or 911 for emergency response), and use the AHS Online Self-Assessment tool to determine if they should be tested. • Proof of a negative COVID-19 test result is not necessary to return to child care. • Programs should keep records of children’s known pre-existing conditions. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies), the child should be tested at least once for COVID-19 to confirm that it is not the source of their symptoms before entering or returning to child care. This will be considered the child’s baseline health. • Written confirmation by a physician that a child or staff member’s symptoms are due to a chronic illness is not necessary. Repeat testing is not necessary unless the nature of the symptom changes (e.g., a chronic cough worsens). • The AHS Coordinated Early Identification and Response (CEIR) team is available to all child care settings at 1-844-343-0971. A site that does not already have an outbreak of COVID-19 must contact the CEIR team for additional guidance and decision-making support as soon as there are 2 or more children/staff members: <ul style="list-style-type: none"> ○ Who are showing symptoms of illness, within 48 hours of each other, OR ○ Who have reported to the site that they have tested positive for COVID-19, within 14 days of each other. • Programs directly associated with an outbreak must adhere to AHS requirements. This may include temporary program closure to allow for outbreak management processes to occur. <ul style="list-style-type: none"> ○ In order to reduce transmission of respiratory illnesses and COVID-19, childcare programs should consider keeping groups of children separated from other groups as much as possible.
<p>Expectations for Drop-off/Pick-up and Entry Areas</p>	<ul style="list-style-type: none"> • Programs should develop procedures for drop off and pick up that reduce congestion to the greatest extent possible. Possible strategies include separate entrances, having one designated parent/guardian pick up and drop off each child, staggering entry, or limiting the number of people in entry areas. • Program attendance needs to be reported monthly to the Ministry of Children’s Services.

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	<ul style="list-style-type: none"> Parents/guardians are permitted to enter the program when needed, such as during pick-up and drop-off, but should minimize the time spent there, and maintain spacing from staff and other children.
Hand Hygiene	<ul style="list-style-type: none"> Hand sanitizer should be placed in convenient locations throughout the centre, but be kept out of the unsupervised reach of children. Child care programs must adhere to handwashing guidelines outlined in the AHS Health and Safety Guidelines Child Care Guidelines. <ul style="list-style-type: none"> Hand sanitizer containing at least 60% alcohol is recommended as there is evidence that it reduces the risk of transmission of COVID-19. Hand sanitizer can help reduce the risk of infection by or the spread of microorganisms when hand washing is not possible. If parents/guardians have questions about their child using alcohol-based hand sanitizer they should contact the operator to discuss potential alternatives.
Additional Public Health Measures	<ul style="list-style-type: none"> Program staff are required to wear a mask while at work, except in circumstances where wearing a mask impedes the staff member's ability to provide care to a child. Children attending a child care program are not required to wear a mask while at child care but should be supported to wear one if their parent/guardian prefers. Alberta Health mask guidance should be followed and can be found here: www.alberta.ca/masks. <ul style="list-style-type: none"> Once a disposable mask has been removed, it should be thrown in a lined trash bin or if it is a reusable mask, it should be placed in a sealed container to be laundered. Organizations providing off-site activities (e.g., field trips): <ul style="list-style-type: none"> Child care programs should seek alternative space during field trips to eat lunch or to be separate from multiple groups to ensure they do not use shared areas (e.g., lunch rooms). Hold activities outdoors as much as possible. Organizations providing off-site activities should develop procedures to address staff or children that become symptomatic during the field trip. Plans should include a designated area to isolate the symptomatic individual, how to notify a parent/guardian and how the symptomatic child will be transported home from the off-site activity.
Food	<ul style="list-style-type: none"> Utensils should be used to serve food (not fingers). Limit access to kitchen/meal-prep/snack areas that could be accessed by children, non-designated staff, or essential visitors.
Activities	<ul style="list-style-type: none"> When organizing and participating in activities with children 11 and under, child care providers should review the Stage 3: Guidance for Activities with

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	<p>Children 11 and Under and select measures, as appropriate, to implement in their activity to keep children safe.</p>
<p>Transportation</p>	<ul style="list-style-type: none"> • Operators are expected to follow provincial masking laws if using public transit, taxis or commercial ride shares. • If a child becomes symptomatic during the trip, a mask should be made available. The driver will contact the program to make the appropriate arrangements for the child to be picked up. • Vehicle cleaning and records: <ul style="list-style-type: none"> ○ Increase frequency of cleaning and disinfection of applicable high-touch surfaces, such as door handles, child seats, window areas, rails, steering wheel, mobile devices and GPS prior to each run. ○ It is recommended that vehicle cleaning logs be kept.
<p>Out of School Care Programs</p>	<ul style="list-style-type: none"> • In the instance that a child arrives at the child care program directly after attending school (for which the child was assessed for symptoms by a parent/guardian before attending), program staff should assess the child to see if they are feeling well.
<p>Use of Shared Spaces</p>	<ul style="list-style-type: none"> • If play structures are to be used by more than one group, programs should increase the frequency of cleaning of shared equipment. • Only one program group (e.g., toddler room, preschool room, etc.) at a time should use a licensed outdoor play space. Follow spacing practices when possible. <ul style="list-style-type: none"> ○ If using a public or school playground, ensure that children engage in hand hygiene before and after play. • Programs that utilize a space that has other after-hours user groups (e.g. programs in churches, community centres) should ensure the space is cleaned before and after using the space. It is recommended that cleaning be done by one person directly before the group enters the space and after it exits the space. A cleaning log should be posted and used to track cleaning.
<p>Cleaning and Disinfecting</p>	<ul style="list-style-type: none"> • Programs should engage in frequent, thorough cleaning and disinfecting. • Clean and disinfect frequently touched objects and surfaces, including diapering areas, as per AHS' COVID-19 Public Health Recommendations for Environmental Cleaning of Public Facilities. • Cleaning and disinfecting of toys should be done by: <ul style="list-style-type: none"> ○ Commercial dishwasher OR <ul style="list-style-type: none"> ▪ Wash with detergent and water; ▪ Rinse with clean, warm water; ▪ Wipe, spray or immerse for two minutes in an approved disinfectant; and,

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	<ul style="list-style-type: none"> ▪ Air dry. • Increased frequency of cleaning of soft furnishings, permanent carpets and upholstered furniture is recommended. • Ensure mouthed toys are immediately put into a designated bucket to be cleaned and disinfected. • Soft toys (plush toys and blankets) should be laundered in hot water and dried thoroughly between children. • Regarding items that travel with the child from home to the child care centre on a daily or regular basis: <ul style="list-style-type: none"> ○ Bringing in non-essential personal items should be discouraged. ○ If coat hooks, lockers or open cubbies are to be used to store personal items, they should be assigned to a single child or be cleaned and disinfected in between uses. ○ Equipment that is required for children’s day-to-day use (e.g., mobility or feeding devices, weighted blankets, headphones) should be cleaned and disinfected at drop off and pick up, and should not be used by anyone other than the child.
<p>Overnight Child Care</p>	<ul style="list-style-type: none"> • Operators providing overnight child care should: <ul style="list-style-type: none"> ○ Continue to comply with existing public health orders and guidance, as applicable for licensed child care settings. ○ Ensure beds or cots for children from different households are spaced apart (i.e., arranged at a minimum of 2 meters apart where possible). • Before offering overnight care, operators should consult with Children’s Services and Alberta Health Services to assess respiratory illness risk specific to their overnight program and collectively determine if additional measures are needed to minimize risk of transmission during overnight care.
<p>Other resources</p>	<ul style="list-style-type: none"> • General information regarding COVID-19 (Government of Alberta) www.alberta.ca/coronavirus-info-for-albertans.aspx • How to hand wash (AHS) https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf • How to use alcohol-based hand sanitizer (AHS) https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-flu-hand-rub-how-to.pdf • Diapering procedures poster (AHS) https://www.albertahealthservices.ca/assets/wf/eph/wf-eph-diapering-procedure-poster.pdf • Hand washing posters (AHS) https://www.albertahealthservices.ca/assets/wf/eph/wf-eh-you-d-clean-em.pdf

COVID-19 INFORMATION

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	<p>https://www.albertahealthservices.ca/assets/wf/eph/wf-eh-you-d-clean-em-2.pdf</p> <ul style="list-style-type: none">• Arts and crafts safety (AHS) https://www.albertahealthservices.ca/assets/wf/eph/wf-eh-arts-crafts-safety.pdf
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This document and the guidance within it is subject to change and will be updated as needed.

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