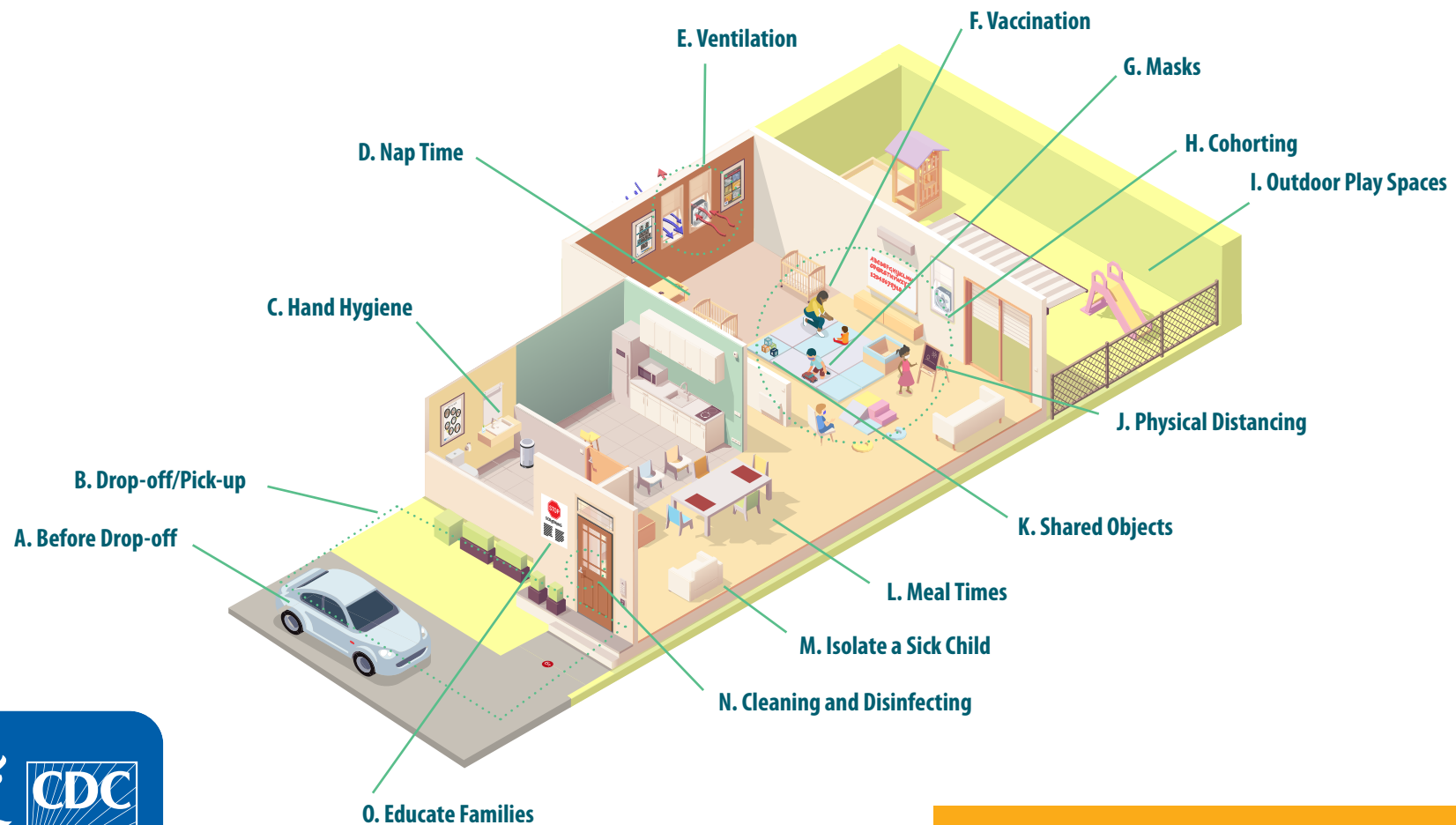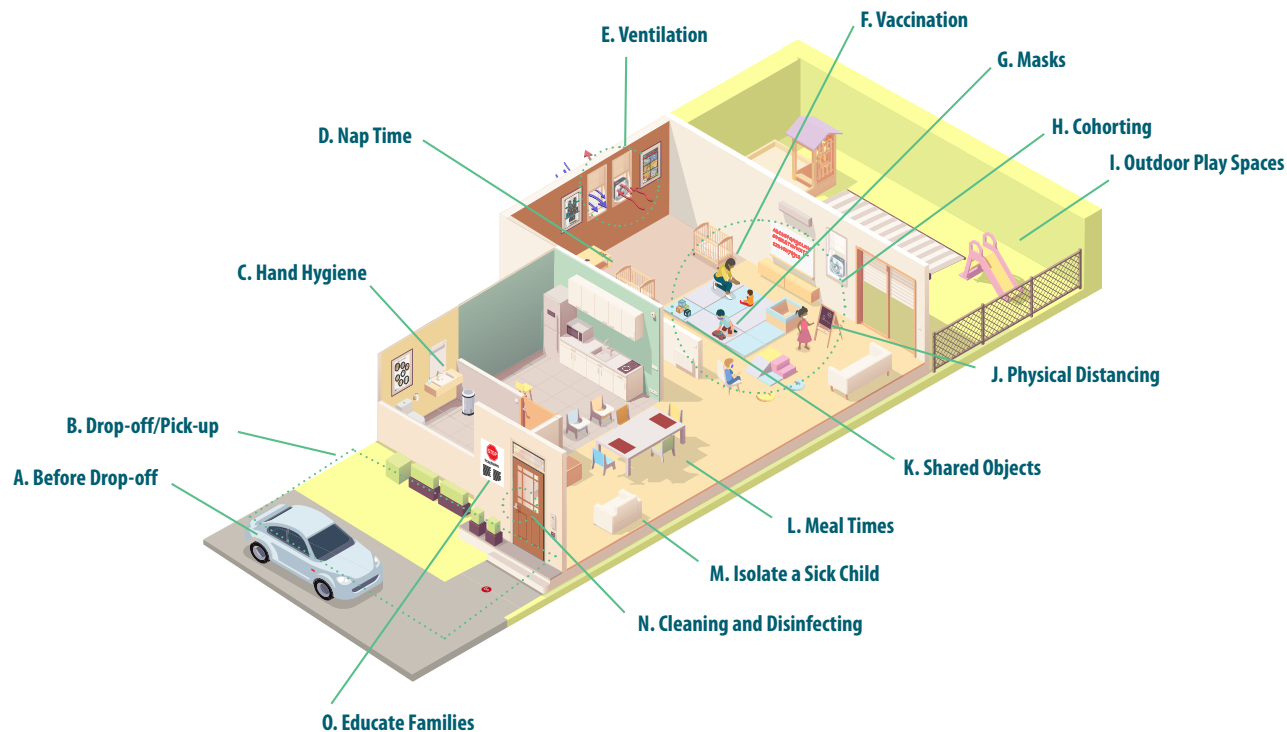# QUICK GUIDE: HELP PROTECT YOUR FAMILY CHILD CARE HOME FROM COVID-19

As an early care and education provider, you can help protect children and their families and slow the spread of COVID-19 by using CDC's updated COVID-19 Guidance for Operating Early Care and Education/Childcare Programs. Using multiple prevention strategies together consistently can protect people who are not fully vaccinated, including children and staff. Tailor your COVID-19 plans and actions based on the unique needs of your family child care home.

Actions like promoting vaccination, wearing masks correctly and consistently, physical distancing and cohorting, ventilation, frequent handwashing, staying home when sick, and following all rules on regular and consistent cleaning can help all types of early child care and education programs prevent or slow the spread of COVID-19.

Refer to COVID-19 Guidance for Operating Early Care and Education/Childcare Programs for more in-depth information about preventing the spread of COVID-19. This CDC guidance is meant to supplement—not replace—any Federal, state, tribal, local, or territorial public health and safety laws, rules, and regulations with which early care and education programs must comply.

E. Ventilation
F. Vaccination
G. Masks
H. Cohorting
I. Outdoor Play Spaces
D. Nap Time
C. Hand Hygiene
J. Physical Distancing
B. Drop-off/Pick-up
K. Shared Objects
A. Before Drop-off
L. Meal Times
M. Isolate a Sick Child
N. Cleaning and Disinfecting
O. Educate Families

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A. **Before drop-off** Encourage families to monitor children at home for signs of infectious illness including COVID-19. Children and staff who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and be referred to their healthcare provider for testing and care.

B. **Drop-off/Pick-up** Stagger child arrival, drop-off, and pick-up times or locations by cohort and prioritize outdoor drop-off and pick-up if possible.

C. **Hand Hygiene** Wash hands using soap and water for at least 20 seconds. Thoroughly dry hands after washing. Use hand sanitizer that contains at least 60% alcohol (over age 2) if soap and water are not available.

D. **Nap Time** At nap time, ensure that mats or cribs are spaced out as much as possible.

E. **Ventilation** Bringing fresh outdoor air into a building helps keep virus particles from concentrating inside. Consider maximizing the existing air circulation system, using child safe fans, opening doors or windows, and adding HEPA air filters. https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/ventilation.html

F. **Vaccination** All COVID-19 vaccines currently authorized in the United States are effective against COVID-19, including serious outcomes like severe disease, hospitalization, and death. Encourage staff and families to get vaccinated as soon as they can.

G. **Masks** Wear a mask. Everyone 2 and older should wear a well-fitted mask that covers the nose and mouth, except when eating or sleeping.

H. **Cohorting** Create cohorts by keeping small groups of staff and children together throughout the day, and across days if possible, and limit mixing between cohorts.

I. **Outdoor Play Spaces** Being outdoors reduces the risk of spreading COVID-19. Prioritize outdoor activities whenever possible. Maintain cohorts and avoid crowding. Follow routine cleaning of outdoor areas.

J. **Physical Distancing** Modify learning stations and in-home activities so there are fewer children in each area as much as possible while still ensuring proper supervision.

K. **Shared Objects** Keep each child's belongings including masks and toothbrushes separated.

L. **Meal Times** Eat meals outdoors or in well ventilated areas while keeping physically distanced much as possible.

M. **Isolate a Sick Child** Plan to have an isolation room or an area you can use to isolate a sick child. Make sure isolated children still have adult supervision.

N. **Cleaning and Disinfecting** Clean frequently touched objects and surfaces such as toys, door handles, tables, and faucets regularly. Disinfect if someone has suspected or confirmed COVID-19. Carefully follow rules for cleaning and disinfecting when diapering and feeding infants.

O. **Educate Families** Educate your families about keeping their child home when sick, after close contact to a person with COVID-19, awaiting results, or after testing positive for COVID-19.