

CEDAR ROAD CHRISTIAN ACADEMY
Chesapeake, VA
COVID-19 Mitigation Health Plan



As of July 2020

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Order from the Virginia Public Health Commissioner

The following **COVID-19 Mitigation Health Implementation Plan**, is developed in accordance to guidelines given by the Centers for Disease Control and Prevention (CDC), the *Virginia Phase Guidance for Schools*, the Virginia Department of Health (VDH), and the Virginia Department of Social Services (VDSS) for in-person student instruction for the 2020-2021 school year.

Eligibility:

The public health order applies to any private school or public school operating in the Commonwealth. Public school divisions may submit one single form; **private schools must submit individually.**

Logistics:

This plan is submitted to the Virginia Department of Education (VDOE) through the Virginia Council for Private Education (VCPE), and will be posted online on our website at www.crcakids.com.

Key Elements of the plan:

Using the CDC Covid-19 guidelines and the *Virginia Phase III Guidance for Schools*, this plan for COVID-19 mitigation has been developed for school reopening in Phase III of the Forward Virginia Blueprint. Since it is likely that outbreaks of COVID-19 will continue, this plan considers how to continue operations in the event of an outbreak.

This plan includes how Cedar Road Christian Academy (CRCA) will:

- 1) Plan to reopen
- 2) Promote Behaviors That Reduce Spread of COVID-19
- 3) Maintain Healthy Environments
- 4) Maintain Healthy Operations
- 5) Protect vulnerable individuals (e.g. 65+, underlying health conditions)
- 6) Prepare for When Someone Gets Sick
- 7) Plan to close if necessary, due to severe conditions.

1) Plan to Reopen

a. CRCA's COVID-19 team within the school and point person:

Name	Title	E-Mail	Cell #	Work #
V. Tracy Savage	Academy Director	director@cedarroadag.com	757-582-5717	757-547-9553
Diane Fox	Admin. Assistant	Diane@crcakids.com	757-642-2441	757-547-9553
Tim Campbell	Administrator	PastorTim@rise757.church	757-927-7157	757-547-9551
Brian Gobel	Board Member	gobelb@gmail.com	757-359-5073	
Stephanie Smith	Board Member	sjenkins1212@gmail.com	815-540-0187	
Brenda Lampman	Worship Pastor	Brenda@rise757.church	757-331-0134	

b. Local Health Department:

Chesapeake Health Department
748 N Battlefield Blvd, Chesapeake, VA 23320
Phone: (757) 382-8631
Fax: 757-382-8713 virginia.gov
Email: chdenvhlth@vdh.virginia.gov

c. Contact information and procedures for reaching the local health department:

The Chesapeake Health Department will be contacted by a Covid-19 Response Team Member to report and/or inquire about positive Covid-19 cases, and/or to seek clarification about any health practices or health directives. **See Health Department contact information in section 1b.**

1. Document date & time of call on Covid-19 Call Log.
2. Log purpose of call.
3. Log name of person calling.
4. Document response.
5. Forward pertinent information to point person, who will forward to Covid-19 response team.

d. Health and absenteeism monitoring/approaches for staff and students:

1. Daily health checks are conducted on each person upon arrival and again after lunch.
2. Student and staff attendance are documented daily.
3. Absences of two (2) days are followed up with the absentee staff and/or students and inquiries made as to any health-related reasons for the absence.
4. Health related reasons are documented and forwarded to the Director for follow-up.
5. Absences of more than three days for health-related reasons that involve Covid-19 like symptoms require a health professional's documentation for clearance to return to school.
6. Covid-19 cases and outbreaks are reported to our local VDH. CRCA will consult with the VDH Chesapeake and health officials regarding how to manage the outbreak, school dismissal, school shutdown, as well as contact tracing and notification to staff and families.

e. Communications strategies:

- i. Orientation and training for staff and students specific to new COVID-19 mitigation strategies will occur before the start of school, in addition to being continually referenced throughout the academic day, as part of the lesson plan. Especially as part of transition exercises.
- ii. Staff small group, in-person Inservice Training will be conducted with one full session dedicated to COVID-19 Mitigation strategies that have been set in place. Training will include, in person instruction, virtual instruction, power point presentation, and hand-outs for resources. In addition, staff will be trained on the *Classroom Procedures to Prevent the Spread of Illness from Infectious Diseases* section, which has been added to the Faculty and Staff Handbook.

Communicating new policies with parents and students will occur with grade specific, pre-recorded video messages in conjunction with printed materials and policies, that can be accessed at any time via a dedicated link sent to families. Daily emails and/or text alerts, as well as weekly video messages will serve as reminders to policies, as well as to give families notice of pertinent updates and information.

iii. Outbreaks or positive cases detected at the school will be communicated to families immediately after it has been reported to the local VDH. In the event of an emergency or other situation that requires immediate communication to our school community, we will send information quickly and reliably through multiple channels. With FACTS Parent Alert, we will send alerts instantly to parents, faculty/staff, and students by phone, text, and email. In addition, a video message will be sent to families and staff reiterating the status of school operations, and the recommended next steps as advised by VDH.

f. CRCA through Rise Church participates in community response efforts in various ways such as:

- i. Conducting food and diaper drives.
- ii. Encouraging social distancing and providing masks.
- iii. Sharing COVID-19 information and updates with students, their families, church, and community members.
- iv. Providing childcare for essential personnel and first responders.

g. Student health services staff receive additional training based on information obtained from the Department of Health and the Centers for Disease Control and Prevention (CDC). Training covers the requirements for preparing for a pandemic, being able to define a pandemic, identifying the planning and coordination required to be prepared for a pandemic, identifying infection control actions, listing methods of communication during a pandemic, as well as other safety practices for school and childcare programs in the face of COVID-19. The training provides basic information everyone should know about preventing the spread of COVID-19 in the school and childcare setting. This includes recommended hygiene practices, recognizing signs and symptoms, criteria for excluding a child from school, communicating with children and families, maintaining a clean environment, and proper procedures for putting on and disposing of PPE equipment.

h. Medical-grade PPE is provided for the school health services staff . The staff are provided with and must wear personal protective equipment (PPE), including surgical or cloth face masks, face shield and gloves before entering into the room to evaluate and/or care for any individuals who have COVID or Flu like symptoms.

i. Typical (non-COVID-19) health services are provided to students by First Aid, CPR and MAT trained staff. Parents provide meals and nutritional needs are monitored by school staff and teachers familiar with student nutritional requirements. Needs such as annual eye exams, physicals, vaccinations are monitored by school administrative office staff and referred to parents to seek professional services from their family doctor or pediatrician. Parents are required to submit documentation, which is maintained in the student records.

j. Students and staff in need of mental health services are encouraged to seek guidance from their family physician and/or pediatrician. They are also provided with a list of local mental health professionals and directed to printed resources for guidance on pursuing mental health services. In addition, an on-site Pastor is available for individual or family counseling if desired at no charge.

2) Promoting Behaviors That Reduce Spread of COVID-19

a. Promoting behaviors that reduce the spread of COVID-19 is of the utmost importance in the school setting. Therefore, educating the staff , students, and families of the school community in strategies that prevent and reduce the chances of infection are included in information and training provided to all school parties before the start of school.

Training will continue during school and is added to the daily curriculum for students. Strategies in COVID-19 prevention education include:

- i. **Hand hygiene:** Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer, as an option if soap and water is not available.
 - ii. **Respiratory etiquette:** Cover coughs and sneezes with a tissue or cough/sneeze into the elbow. Wash hands immediately after coughing or sneezing, or use hand sanitizer if washing hands is not an option.
 - iii. **Face masks:** Use a cloth face covering in public and whenever social distancing is not possible. Face coverings should be washed frequently.
 - iv. **Stay home when sick:** Students and family members should stay home whenever symptomatic with flu like symptoms and/or fever. Those with exposure to Covid-19 should self-quarantine for 14 days. Those testing positive should isolate and follow through with medical attention.
 - v. **Physical Distancing:** All staff and students must keep six feet between persons whenever possible. Three feet with a face mask is acceptable, whenever 6 ft. is not possible. Distancing is promoted through signage, 6ft. floor markers, and intercom announcements
- b. Promoting and maintaining healthy hygiene is essential to the school environment.** Therefore, adequate cleaning, sanitizing, and disinfecting supplies are on hand and maintained through inventory and responsible ordering. Local vendors, as well as a variety of online vendors are used to ensure continuity in product availability. A list of vendors and their contact information is in the main office.
- c. Signs and messaging to promote healthy hygiene,** according CDC and VDH guidelines, are posted throughout the buildings in common areas, in the classrooms, in restrooms, and scrolled on the information monitor in the main foyer. Office administrative staff are responsible to upkeep and update the posted information.
- d. Physical distancing protocols include:**
- i. Modifying the layouts of student desks and classroom furniture, as well as communal areas to ensure that social distancing of 6 ft. without a mask, or 3 ft. with a mask is maintained, while still allowing for students to interact with their teacher in ways conducive to the learning environment. Clear, plexiglass dividers are set up on student desks to allow visual interactions to continue, while protecting against coughs, sneezes, and spittle.
 - ii. Students pack and bring their own lunch and snacks from home, which are stored in individual cubbies. Students will eat in their own classrooms, while maintaining the physical distancing perimeters in place. Teachers will assist students as needed, while following safety measures, such as using face masks, gloves, and handwashing.
 - iii. Class sizes are reduced according to state and DSS guidelines. Classes and groups in different buildings will not be combined. All large group gatherings and annual large group school functions are suspended until further notice, to comply with Executive Orders, which impose strict physical distancing standards.
 - iv. Hours of operation have been modified to coincide with maximum staff attendance, in order to ensure students are not combined with other student groups, outside of their assigned class/group.
 - v. To reduce opportunity for exposure, only students and staff will be allowed in the buildings. Parents will drop students off at the main door and wait until their student is cleared for entrance. The students and staff will go through the check in process. The daily check in process includes:
 - (1) Temperature check with touchless thermometer.
 - (2) Health screen/questionnaire completed by the parent or staff member.
 - (3) Handwashing with soap and water after the temperature check.
 - (4) Wiping down lunch boxes, back packs and bags with disinfectant and sanitizer.

- (5) Bottom of shoes sprayed with disinfectant.
- vi. In keeping with relevant Virginia Phase Guidance for Schools and [CDC guidance](#) for recreational sports, school-related sports and other recreational activities, outdoor times for each class will be scheduled by the School Director. Teachers are responsible for supervising students and ensuring distancing standards are followed. Classes/groups will not be combined with other class/groups during designated outdoor times.

3) Maintaining a Healthy Environment for our Staff and Students Include:

- a. Using a daily health screening tool** to determine the health status of staff and students in reference to Covid-19 symptoms and exposures. The tool asks staff members, and the students' parents specific questions about Covid-19 symptoms. The responses to these questions are used in determining the eligibility for the staff member or student to attend work or school. The questions are based on recommendations from the VDH.
- b. Promoting and enforcing healthy hygiene Practices:**
 - i. Teachers, staff, and custodial workers have been given and trained on cleaning and disinfecting protocols, as per CDC and VDH guidelines, that include: frequently touched surfaces; transport vehicles; schedules for increased cleaning, routine cleaning, and disinfection; ensuring adequate cleaning supplies and correct use/storage.
 - ii. Hand sanitizer is available in every classroom and at the building entrances/exits. Restrooms with running water, soap and disposable paper towels are accessible at the entrance of every building. All staff members and visitors must wash hands or use hand sanitizer every time they enter a building, and use hand sanitizer every time they enter a classroom.
 - iii. Dedicated student supplies are organized, separated, and labeled with the student's name for individual use. Students are trained to not share items for hygiene purposes. Teachers and staff ensure adequate supplies are maintained through weekly inventorying and submitting supply requests to the director or office manager. Encouragement is given to students throughout the day to minimize sharing to the extent possible. Instructors ensure lab equipment, computers, etc. are cleaned and disinfected properly before and after each use, when giving a child their own equipment is not feasible.
- c. Ventilation systems** are professionally checked to ensure they are operating properly. Filters in units are changed on a bi-monthly schedule. Screens are installed on windows to allow for increased outdoor air circulation whenever weather permits.
- d. Water systems and features** are safe to use. Our facility has not had prolonged shutdown. However if a prolonged closure is necessary, water systems will be checked, to include lead testing, by an approved vendor per Health Department and DSS regulations.

4) Maintaining Healthy Operations include:

- a. Identifying staff and students who may be at higher risk for severe illness from COVID-19.** Once identified, those persons are encouraged to speak with their doctor concerning any underlying conditions that may make them more susceptible to the negative impacts of the illness. CRCA will work with the staff and family of the student to determine what additional plans, if any, may be implemented to protect the staff and children who are at higher risk for severe illness from COVID-19.
- b. Protocols already in place to limit probability of the disease to higher risk persons include:**
 - i. Knowing how COVID-19 spreads.
 - ii. Proper handwashing.
 - iii. Avoiding close contact with others (Social Distancing).
 - iv. Using face coverings over mouth and nose.
 - v. Covering coughs and sneezes.
 - vi. Cleaning and disinfecting.

- c. **In accordance with the most recent Executive Order in place**, all large gatherings and in-person field trips have been cancelled and/or postponed. Volunteer restrictions are in place until further notice. Students will engage in virtual field trips and small group activities within their classrooms. Resources brought into the classroom will follow the health and hygiene protocols in place.
- d. **Sick leave policies and practices** already in place enable faculty, staff, and students to stay home or self-isolate when they are sick or have been exposed to illness, without penalty to retaining employment or school status. Persons needing to be off from work or school must inform the administration immediately if the required absence is due to COVID-19 symptoms and/or a medical professional's recommendation. **Staff and students must not come to work and school if they are sick.** Staff or students who become ill at school/work will be sent home.
- e. **Ensuring continuity of the program:** The hiring and training of substitute staff remains an ongoing strategy in ensuring continuity of the program. Employment ads are posted on various job sites, such as Indeed.com, and social media platforms, and word of mouth in an on-going campaign to recruit, hire and train back up staff for various positions within the school.

5) Protecting Vulnerable Individuals:

- a. **Options are being continually evaluated to support those at higher risk for severe illness to limit their exposure.** These options may include, but are not limited to telework, modified job duties, virtual learning, or a combination of opportunities, including seeking outside assistance. Decisions on practical and feasible options will be discussed and planned with input from the involved staff member or the student's family on a case by case basis, since needs are varying. All efforts, within our scope of ability, will be made to accommodate the individuals.
- b. **Time off policies and practices already in place, allow for flexible leave when a staff member or student needs to be absent due to illness.** The flexibility of practices in place, with the ability of substitutes for staff, as well as make-up work and possible virtual learning options for students, enable faculty, staff, and students to stay home or self-isolate when they are sick or have been exposed. Also see section 4b and 5a.
- c. **Policies and procedures for return to class and/or work after a COVID-19 illness** are reviewed with and distributed to staff, students, and families. These policies include:
 - i. Following guidance given by the CDC and VDH for quarantining and/or isolation:
If the person will not have a test to determine if they are still contagious, can leave home after these three things have happened:
 No fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
 AND other symptoms have improved (for example, cough or shortness of breath have improved)
 AND at least 10 days have passed since symptoms first appeared.

If the person will be tested to determine if they are still contagious, they can leave home after these three things have happened:
 No longer have a fever (without the use medicine that reduces fevers) AND other symptoms have improved (for example, cough or shortness of breath have improved) AND the person has received two negative tests in a row, 24 hours apart.
 - ii. The student's or staff member's written clearance to return to school, given by a medical professional.
 - iii. Consultation with the staff member or the student's parents/guardians, to determine how and when she/he feels ready to return.

6) When Someone Gets Sick While at School:

- a. **The student or staff member who is ill and/or exhibiting symptoms will be immediately separated and isolated from others in the building** until transportation has been arranged. Symptoms and other pertinent information will be documented on their daily health check form.

- b. **Persons who may have been in the same space as the ill person**, will be immediately relocated and the space will be closed off for cleaning and disinfecting.
 - c. **The appropriate family member of the ill person will be notified, and safe transportation** will be facilitated to take the ill person home or their designated healthcare facility, or arrangements made for ill person to be picked up by family member or designee.
 - d. **A written copy of CRCA policies and procedures for return to school/work** (see section 5c) will be provided to the ill person and/or family member.
 - e. **Immediate implementation of cleaning and disinfecting procedures** of areas used by the sick individual/s will begin (see section 6b).
 - f. **Those persons who were in contact with the ill person** will be checked and monitored for symptoms.
 - g. **The local VDH** (see section 1a) **will be notified** and their instructions followed in initiating a public health investigation, contact tracing, and consultation on next steps.
 - h. **Other staff, students, and families will be notified** after receiving guidance from the VDH (see section 1e).
- 7) **Decisions to remain open or closed are based on protecting the health and well-being of the children, staff, and families.** Virginia State, CDC, and VDH guidelines and mandates will be followed. However, other factors in deciding to close if necessary, due to severe conditions will be determined by answering the following questions:
- a. **Which conditions will trigger a reduction in in-person classes:**
 - i. Is there a confirmed COVID-19 person in the building?
 - ii. Is the risk of community spread **minimal to moderate?** (see section 8a)
 - iii. Actions will include:
 - (1) Immediate notification and coordination with local health officials.
 - (2) Dismissal of students and staff for two to five days to allow time for thorough cleaning and disinfecting, and to allow the local health officials and the school administration to assess the situation and the impact to the school community.
 - (3) Communicate and coordinate re-opening plans to families and staff, if deemed appropriate by health officials.
 - b. **Which conditions will trigger complete school closure?**
 - i. Is there a confirmed COVID-19 person in the building?
 - ii. Is the risk of community spread **substantial?** (see section 8b)
 - iii. Actions will include:
 - (1) Immediate notification and coordination with local health officials.
 - (2) Dismissal of students and staff for two to five days to allow time for thorough cleaning and disinfecting and to allow the local health officials and the school administration to assess the situation and the impact to the school community, and to determine next steps.
 - (3) Determine whether an extended dismissal period is necessary to slow or stop the spread of COVID-19.
 - (4) School administration will communicate and coordinate actions and expectations for returning to distance/virtual learning to the staff, parents/guardians, and students.
 - (5) When deemed appropriate, school administration with guidance from the VDH will coordinate and communicate with the staff, parents/guardians, and students any plans to re-open the school.
- 8) **Strategies for Community Transmission**
- a. **Minimal to Moderate strategies may include:**
 - i. Coordination with local health officials.
 - ii. Implement multiple social distancing strategies.
 - iii. Field trips, assemblies, and large gatherings cancelled
 - iv. Increase space between desks.

- v. No mixing of groups in common areas.
- vi. Staggering arrival and/or dismissal times.
- vii. Reduce congestion in the medical room.
- viii. Limiting non-essential visitors.
- ix. Teaching staff, students and families to maintain distance in the school.
- x. Considering ways to accommodate the needs of at risk staff and students.
- xi. Closing for two to five days.

b. Substantial strategies may include:

- i. Same as Minimal to Moderate.
- ii. Consideration for extending school dismissal.
- iii. Implementing a full school closure (more than two-weeks).
- iv. Implement strategies to ensure the continuity of education with distance/virtual learning.
- v. Assisting with the coordination of essential services for students and considering ways to accommodate the needs of at-risk students.

9) Cedar Road Christian Academy does not have an Overnight boarding school.

10) Resources for determining the actions in this Mitigation Health Plan are consistent with guidance provided by:

- a. **Centers for Disease Control and Prevention**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- b. **Virginia Department of Health** <https://www.vdh.virginia.gov/coronavirus/>
- c. **Virginia Department of Social Services** <https://www.dss.virginia.gov/geninfo/covid.cgi>
- d. **Virginia Department of Education**
http://www.doe.virginia.gov/support/health_medical/office/covid-19.shtml
- e. **Virginia State Government** <https://www.virginia.gov/coronavirus/>

11) General Information

This COVID-19 Mitigation Health Plan is written explicitly for Cedar Road Christian Academy using the most current information available from the above listed resources in section 10 of this plan and following the *Guidance for Virginia Public and Private PreK-12 Schools Submitting COVID-19 Mitigation Health Plans*.

It is completed in accordance with the State Health Commissioner's order requiring every public school division and **preK-12 private school in Virginia**, before reopening in accordance with Phase II and III guidelines, to submit to the Virginia Department of Education a plan outlining their strategies for mitigating the spread and public health risk of COVID-19 and consistent with the Centers for Disease Control and Prevention and Virginia Department of Health mitigation recommendations. Such plans shall include policies and procedures for the use of face coverings; health screenings of staff and students; physical distancing measures; enhanced hygiene practices for staff and students; isolation of symptomatic cases; and cleaning and disinfecting procedures and other topics as outlined in the Phased Guidance for Virginia Schools.

APPENDIX

Appendix A

Information for Teachers: CRCA CLASSROOM PROCEDURES TO PREVENT THE SPREAD OF ILLNESSES FROM INFECTIOUS DISEASES

STUDENTS AND STAFF MUST WASH HANDS WITH SOAP & WATER

60%Alcohol-based hand sanitizer may be used if soap & water not available, but only twice in-between handwashing. For example: wash-sanitize-sanitize-wash. However, Hands must be washed with soap and water at every restroom visit, before and after snacks & lunch, before & after recess, when visibly dirty, and in-between every 2 sanitizer uses. See Handwashing Steps in Forms.

ALWAYS SUPERVISE CHILDREN USING HAND SANITIZER

Teacher should be the one to squeeze amount into the child's hand.

STUDENTS AND STAFF MUST COVER COUGH & SNEEZES

Teachers should teach by example. Train children to cover coughs and sneezes. "Use your chicken wing". Hands should be washed, or hand sanitizer used immediately after sneezing or coughing.

STUDENTS AND STAFF MUST ALWAYS PRACTICE SOCIAL DISTANCING

Everyone should practice maintaining 6ft. distance between each other whenever possible. When not possible, children should be at least side arms-length apart (child spreads arm out each side), roughly 3 ft. The teacher must always maintain visual contact of children. Teachers must give frequent verbal social distancing reminders to students throughout day.

STAFF MUST CLEAN & DISINFECT THROUGHOUT THE DAY

In addition to soap and water. Staff must clean and disinfect surfaces counter tops, tabletops, toys (toys that cannot be cleaned & sanitized should not be used), doorknobs, light switches, all surfaces that are touched on a daily. Each teacher must use Clorox Wipes or Bleach Solution to wipe down the bathroom before and after their class uses it. Wipe down the toilet handle, toilet seat, and sink knobs.

BLEACH SOLUTION

1/3 Cup of Bleach to 1 Gallon of Water. The solution is effective for disinfection for up to 24 hours, then it must be poured out and re-made.

CLEANING & DISINFECTING SUPPLIES MUST BE STORED OUT OF REACH OF CHILDREN

-Do not mix bleach with other cleaning products. This can cause fumes that may be very dangerous to breathe in.

- Always wear gloves appropriate for using chemicals when cleaning and disinfecting.

- Dispose of the soiled wipes or paper towels in the trash can. Do not flush.

STUDENTS AND STAFF MUST STAY HOME or GO HOME IF SICK

Students and Teachers who do not feel well, will not be allowed to stay at CRCA. Teacher should report to the director any symptoms he/she may be experiencing, and any symptoms students may be experiencing. Anyone with known allergies, should have those documented in the office.

Children & Staff will be Visually Screened & have Temperature Taken Daily. Signs of illness include:

- Flushed cheeks
- Rapid breathing, shortness of breath, difficulty breathing (without physical activity)
- Fatigue
- Extreme fussiness, grouchy, change in behavior
- Complaints of pain or saying they do not feel well.
- Cough
- Fever 100.4 and above

SYMPTOMS OF COVID-19 INCLUDE:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. This list does not include all possible symptoms. The CDC will continue to update this list as more is learned more about COVID-19.

People with these symptoms may have COVID-19:

- Fever 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

Students and Staff Who Become Sick While at CRCA

- Must be immediately separated from the class and brought to office.
- Must wear a mask (over age 2).
- His/her temperature will be taken and recorded.
- Parents/guardian will be called to pick up student. Staff sent home.
- Admin will determine return date based on symptoms and doctor's recommendation.
- Coronavirus diagnoses will be handled with CDC and Health Dept. guidance.

STAFF WASHING, FEEDING, OR HOLDING A CHILD

-**Staff** can protect themselves by wearing an over-large button-down, long sleeved shirt and by wearing long hair up off the collar in a ponytail or other updo.

-**Staff** should wash their hands, neck, and anywhere touched by a child's secretions.

-**Staff** should change the child's clothes if secretions are on the child's clothes. They should change the button-down shirt, if there are secretions on it, and wash their hands again.

-**Contaminated clothes** and nap mats should be placed in a plastic bag and sent home to be washed.

-**Students and staff** should have a change of clothes on hand.

-**Staff** should wash their hands before and after handling student food containers, thermoses and utensils brought in from home or prepared by outside vendor.

-Staff and students must wash hands before and immediately after eating and feeding children.

-**Staff** must wash hands after holding a child.

STAFF MUST CLEAN & DISINFECT TOYS

- Toys that cannot be cleaned and sanitized should not be used.
- Toys that children have placed in their mouths or that are otherwise contaminated by body secretions or excretions should be set aside out of reach until you can clean them by hand wearing gloves.
- Set aside toys that need to be cleaned. Place in a dish pan with soapy water or put in a separate container marked for “soiled toys.” Keep dish pan and water out of reach from children, to prevent risk of drowning. Washing with soapy water is the ideal method for cleaning. Try to have enough toys so that the toys can be rotated through cleanings.
- Be mindful of items more likely to be placed in a child’s mouth, like play food, dishes, and utensils.
- Machine washable cloth toys should be used by one individual at a time or should not be used at all. These toys should be laundered before being used by another child.
- Keep toys in one class. Do not share toys with other groups of children, unless they are washed and sanitized first before transferring to other class.
- Children’s books, like other paper-based materials such as mail or envelopes, are not considered a high risk for transmission and do not need additional cleaning or disinfection procedures.

STAFF WHO ARE CHANGING SOILED CLOTHING & DIAPERING CHILDREN

When diapering or changing the soiled clothes of a child, wash your hands and wash the child’s hands before you begin and wear gloves. Follow safe diaper changing procedures. Post procedures in all diaper changing areas.

Steps include:

- Prepare area and supplies (includes washing hands & putting on gloves)
- Remove soiled items from the child
- Clean the child
- Remove trash (soiled diaper and wipes), dispose in trashcan
- Remove soiled gloves and dispose in trashcan
- Replace diaper or put fresh clothing on child
- Wash child’s hands
- Clean up diapering station
- Wash your hands

After diapering or changing the soiled clothes of a child, wash your hands (even if you were wearing gloves) and disinfect the diapering/changing area with a fragrance-free bleach solution that is prepared for sanitizing or disinfecting. If the surface is dirty, it should be cleaned with detergent or soap and water prior to disinfection. See Diapering steps in your forms.

STAFF ARRIVAL STEPS

- Only CRCA current staff and students are allowed in the buildings when students are present.
- Anyone entering building must report if they have been exposed to the Coronavirus or have tested positive.
- Upon entering the building, all staff must get their temperature taken to show they are fever free.
- After temp taken, staff must wash their hands with soap and water, before proceeding anywhere else in building.
- Staff must use hand sanitizer or wash hands each time they enter or exit between buildings.

STAFF USE OF MASKS & GLOVES

- Opening & Closing Staff: Staff member must wash hands immediately before beginning and immediately after checking-in or out student duties have been completed.
- **Opening & Closing staff that are checking-in or out students at the door**, must wear a face mask and/or face shield, and gloves.

- Gloves must be changed between each child/adult interaction if you are designated to take their temperature at check-in.
- Proper removal procedures (see *How to Remove Gloves* in Forms) and disposal of used gloves must be adhered to. Used gloves must not be put on counters or ledges and must not be re-used. They should be placed in trash receptacles.
- Hands must be washed during intermittent lags between student arrivals for check-in or departures.
- Staff should remember to practice social distancing between parents at check-in and check-out.

ALL STAFF THROUGHOUT THE DAY

Staff members should wear face coverings within the facility when social distancing is not feasible and physical contact with students is necessary. This includes when serving lunch, snack, and diaper changing. Children may wear mask at the request of their parents if they supply it. Masks are not recommended for children under 2-years old. Staff using gloves must change them often and in-between every interaction with a child to prevent cross contamination (i.e. lunch & snack times, restroom breaks, cleaning & sanitizing, assisting sick children, diapering & changing soiled clothing, etc.).

PRACTICE SOCIAL DISTANCING

It is very challenging to remain “socially distant” in the childcare/school environment. However, we must make every effort to do so, whenever feasible. Please follow these guidelines to the best of your ability.

Ratio: The ratio capacity will likely change during pandemic outbreaks. We must follow the current guidelines given by the CDC, State & Local Government entities. Current ratio requirements will be told to you by CRCA administration.

- * **Providers must** also comply with all age-related adult to child ratios.
- * **Staff need** to be in close proximity to children when providing care; however, programs should keep children 6 ft. apart or at least 3 ft. from each other and limit physical proximity as best as they are able.
- * **Do not** combine groups and maintain the same groups with the same staff member from day to day.
- * **Implement** small group activities and encourage individual play/activities.
- * **Physically rearrange** the room to promote individual play.
- * **Feed children** in their individual classes. If meals must be provided in a lunchroom, stagger mealtimes, arrange tables to ensure that there is at least three six feet of space between groups, and clean and disinfect tables between lunch shifts.
- * **Incorporate** increased outside time as much as possible, while adhering to current restrictions and allow ample time for fresh air. Stagger recess and play outside one classroom at a time. If the play area is already occupied, then use another area. Wait for a space to be freed up. Ask the office for assistance with scheduling if needed. Teachers must clean and disinfect all play equipment before AND after using.
- * **Limit item sharing.** If items are being shared, remind children not to touch their faces and to wash their hands after using these items. Limit shared teaching materials to those that can be easily cleaned and disinfected at the end of the day or more often as needed.
- * **Keep** each child’s belongings separated and in individually labeled storage containers, cubbies, or areas and have belongings taken home each day and cleaned.
- * **Ensure adequate** supplies to minimize sharing of high touch materials to the extent possible (art supplies, equipment etc. assigned to a single student) or limit use of supplies and equipment to one group of children at a time and clean and disinfect between uses.
- * **Avoid sharing** electronic devices, toys, books, games, and learning aids.
- * **Prevent risk** of transmitting COVID-19 by avoiding immediate contact (such as shaking or holding hands, hugging, or kissing).

OFFER LOTS OF LOVE AND AFFECTION

See *Talking with Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS* in forms. You may also find it online at:

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-006-508.pdf

HELPING STUDENTS COPE WITH CHANGES RELATED TO INFECTIOUS DISEASES

STAY CALM, LISTEN, AND OFFER REASSURANCE

Be a role model. Children will react to and follow your reactions. They learn from your example.

Be aware of how you talk about the pandemic. Your discussion about infectious outbreaks (COVID-19, Influenza, etc.) can increase or decrease your student's fear.

Explain social distancing. Children probably do not fully understand why parents & teachers are not allowing them to play with friends as usual. Tell students that everyone is following the guidelines of the Centers for Disease Control and Prevention (CDC), which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19/or other illness is under control.

Demonstrate deep breathing. Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.

Focus on the positive. Celebrate everything! Make childcare days as fun as possible. Do hands-on projects. Create masterpieces. Sing, laugh, dance! Go outside, if possible, to connect with nature and get needed exercise.

Establish and maintain a daily routine. Keeping a regular schedule provides a sense of control, predictability, calm, and well-being.

Identify projects that might help others. This could include writing letters to or drawing pictures for neighbors or others who might be stuck at home alone or to healthcare workers. Send positive messages to teachers and family members.

APPENDIX

Appendix B

Excerpt from Parent Handbook: Infectious Disease Practices

INFECTIOUS DISEASE

CRCA takes continual measures to promote a clean and healthy learning environment for our students, and for all who enter our buildings. Cleaning, disinfecting, and sanitation is a priority in the school and childcare environment. We take measures to ensure our common spaces and classrooms are cleaned throughout the day utilizing detergent, soap and water, and EPA approved products.

During Pandemics or outbreaks of infectious diseases, practices in place for staff and students include:

- Giving and training staff on specific procedures to help prevent the spread of infectious diseases.
- Checking the temperatures of staff and students upon arrival and at various times.
- Staff and students must wash hands upon arrival and before accessing areas of the building.
- To limit cross contamination, students are not allowed to bring items and toys from home that are not necessary to the school day.
- Items that students can bring are wiped down with bleach and water solution, disinfectant wipes, or disinfectant spray when they arrive.
- Students and staff showing symptoms of illness will be sent home.
- Teaching children by example and verbal encouragement to avoid touching their eyes, nose, and mouth.
- Covering coughs and sneezes with tissues or using the inside of the elbow (chicken wing), and washing hands with soap and water directly afterwards or using hand sanitizer.
- Staff wearing a face covering/mask when around others. Older children are encouraged to also wear masks.
- Maintaining Social Distancing of about 6 feet whenever possible.
- Staff and children practicing good hygiene with washing hands often using proper handwashing techniques as recommended by the CDC.
- Teachers and staff cleaning and disinfecting frequently touched surfaces throughout the day, such as tables, doorknobs, light switches, toilet handles, keyboards, phones, faucets, sinks, toys, etc. Teachers also remove toys for cleaning and disinfecting that children may have put in their mouths, as well as toys that are absorbent, like stuffed animals.
- Separating anyone who is sick and/or symptomatic.
- Abiding by CDC and state guidelines recommended for schools and childcare centers.
- CRCA custodial staff conducting nightly deep cleaning and disinfecting of all the buildings following CDC guidelines and use of EPA approved products.
- Staff is required to inform the administration of possible exposure to or positive diagnosis for COVID-19 or other infectious disease and follow immediate quarantine practices.

Everyone is encouraged to follow CDC and State Health Department guidelines during infectious disease outbreaks and pandemics.

Practices in place at CRCA for parents, family members and vendors during outbreaks and pandemics include:

- To maintain social distancing practices and to limit exposure to the students, the parents and visitors will not be allowed in the building during student drop-off and pick-up.
- Everyone is asked to wear face and nose coverings when interacting with staff and students.
- Anyone who is ill is to refrain from coming to CRCA while symptomatic.

- People who are granted permission to enter CRCA to conduct necessary business, must have their temperature taken and then wash their hands with soap and water before being allowed access to other parts of the building.
- **Parents must inform the administration immediately of possible exposure to or positive diagnosis for COVID-19 or other infectious disease.**

SYMPTOMS OF COVID-19 INCLUDE:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. This list does not include all possible symptoms. The CDC will continue to update this list as more is learned more about COVID-19.

People with these symptoms may have COVID-19:

- Fever 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

Parents should remain vigilant and observe their children for COVID-19 symptoms.

If your child experiences these symptoms, contact your local health department or health care provider. Your doctor will decide if your child needs to be tested or be seen in person. Parents are encouraged to contact their doctor prior to an office visit in order to reduce viral transmission to others. Please note that individuals who are mildly ill may not need to be tested and should isolate (keep away from other people) and be taken care of at home.

Exposure to COVID-19:

If you or your child have been in close contact with confirmed cases of COVID-19, follow advice given by the Virginia Department of Health. The VDH recommends that you self-quarantine for 14 days from the date of the potential contact and monitor your health. For additional questions about staying home or monitoring your health, call 877-ASK-VDH3 (877-275-8343). If you are diagnosed with COVID-19, take steps to prevent the spread of COVID-19 when you are sick.

FAMILY OATH OF RESPONSIBILITY

Parents agree to continue to follow healthy hygiene practices when away from school. Parents will **keep children at home when sick**. Families will practice physical distancing to lower the risk of disease spread and will use a cloth face covering (*with some exceptions) in community settings when physical distancing cannot be maintained. Most importantly, families agree to disclose to CRCA administration any symptoms relevant to exposure to and from others, including travel, and agree to exclude themselves and their children from CRCA until cleared by medical personnel. These universal precautions are appropriate regardless of the extent of mitigation needed.

- **Hygiene practices include:** Hand washing for at least 20 seconds with soap and water; avoid touching your face, mouth, and eyes. Hand sanitizer can be used when soap and water is not available. The CDC also offers guidance for Cleaning and Disinfection of Households at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning->

[disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fcleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html)

- **Practice Social Distancing:** Avoid close contact with others outside of your family by maintaining 6ft. (2 arms-length) distance.
- **Cover Mouth and Nose When Around Others:** You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected. Everyone should wear a cloth face cover in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain. *Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

APPENDIX

Appendix C

Parent COVID-19 Training Resource & Information

CRCA PARENT COVID-19 & INFECTIOUS DISEASE INFORMATION

KEEP CHILDREN HEALTHY DURING COVID-19 OUTBREAK

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

WHEN TO SEEK COVID-19 CARE

<https://youtu.be/1Yn0pk22pVM>

COVID-19 PARENTING TIPS

<https://www.unicef.org/coronavirus/covid-19-parenting-tips>

SICK PARENTS AND CAREGIVERS

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/parents-caregivers.html>

HOW TO PROTECT YOURSELF AND OTHERS

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

FOR PARENTS: MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C) ASSOCIATED WITH COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

CDC FREQUENTLY ASKED QUESTIONS

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Children>

CORNAVIRUS SCHOOL CHECKLIST FOR PARENTS

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/checklist.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/schools-checklist-parents.pdf>

FACE CLOTH/MASKS COVERING

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

HAND HYGIENE

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html>

HANDWASHING

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

SOCIAL DISTANCING

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

CLEANING AND DISINFECTING YOUR HOME

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

COVID-19: MANAGING ANXIETY AND STRESS.

CDC shares recommendations on how to manage anxiety and stress during the COVID-19 pandemic. If you or someone you care about are feeling overwhelmed with emotions like sadness, depression or anxiety, get support by calling 1-800-985-5990 OR text TalkWithUs, to 66746.

Video download link:

https://www.cdc.gov/video/socialmedia/316387A_COVID19_CaringForSomeone_1.wmv

For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Date: 4/20/20

APPENDIX

Appendix D

Staff COVID-19 Training Resource & Information

CRCA STAFF COVID-19 & INFECTIOUS DISEASE TRAINING

CCEI (CRCA Staff Training Site)

<https://www.cceifame.com/login.cfm>

HLTH111 Safety Practices for Child Care Programs in the Face of COVID-19 *This course provides basic information everyone should know about preventing the spread of COVID-19 in the child care/school setting. Participants will learn about recommended hygiene practices, recognizing signs and symptoms, criteria for excluding a child from group care, communicating with children and families, maintaining a clean environment, and more.*

HLTH101 Preparing for an Influenza Pandemic

Based on information obtained from the Department of Health and Human Services, USA and the Centers for Disease Control and Prevention (CDC) this course provides an overview of the requirements for preparing for an influenza pandemic. Upon successful completion of this course, students should be able to define a pandemic, identify the planning and coordination required to be prepared for a pandemic, identify infection control actions, list methods of communication during a pandemic.

HLTH104 Basic Health and Hygiene Practices for the Early Childhood Setting

This course provides basic information everyone should know about preventing the spread of infectious diseases in the child care/school setting. Participants will learn about various types of pathogens and how they are spread, along with recommended hygiene practices, how to recognize signs and symptoms of a disease, immunization policies, criteria for excluding a child from group care, communicating with families regarding a disease, and maintaining a clean environment.

ADM107 Coping with Crises and Traumatic Events

Emergencies and natural disasters can happen suddenly with little or no warning. This course provides essential information on recommended practices and strategies and other important resources to help guide the process of planning to survive and recover from disasters, emergencies, and other types of potentially traumatic events.

CENTERS FOR DISEASE CONTROL & PREVENTION (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/communication/videos.html?Sort=Date%3A%3Adesc>

Symptoms of Coronavirus Disease 2019

Know the symptoms of COVID-19, which can include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

Video download link: <https://www.cdc.gov/video/socialmedia/symptoms.mp4>

Transcript:

<https://www.cdc.gov/socialmedia/videos/covid-19/symptoms/Symptoms-of-Coronavirus.pdf>

Date: 5/26/20

COVID-19: Stay Home When You are Sick.

You can help prevent the spread of COVID-19. Stay home when you are sick.

Video download link: <https://www.cdc.gov/wcms/video/low-res/socialmedia/2020/894894316130-A-StayHomeVideo.mp4>

Date: 3/25/20

This video answers important questions about hand washing and hand sanitizer.

Video download link:

https://www.cdc.gov/video/cdctv/handwashing/306898_WYKTK_Handwashing.mp4

Transcript: https://www.cdc.gov/cdctv/video-assets/healthyliving/hygiene/handwashing/306898_Handwashing_Script.pdf

Learn When it's Most Important to Wash Your Hands to Stay Safe From COVID-19.

Video download link: https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/1533015330wash_hands.mp4

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/keytimes/wash-hands.pdf>

Date: 7/13/20

HANDWASHING

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Learn When Gloves are Recommended to Stay Safe From COVID-19.

Video download link: https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/1693816938wear_gloves.mp4

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/keytimes/wear-gloves.pdf>

Date: 7/13/20

Considerations for Keeping Students Safe in the Fall.

Dr. Brooks shared updates on CDC's COVID-19 response, including the latest scientific information and what everyone should know about protecting themselves and others. In addition, Dr. Sauber-Schatz reviewed CDC's interim guidance, as well as testing considerations, for K-12 schools and Institutes of Higher Education (IHE).

Date: 7/14/20

Video download link: https://www.cdc.gov/video/socialmedia/GMT20200713-190223_CDC-COVID-1920x1080_Trim.mp4

Donning Personal Protective Equipment.

This video is intended for healthcare personnel (HCP) caring for patients with suspected or confirmed COVID-19. It demonstrates one method described in CDC's infection control guidance for donning (putting on) personal protective equipment (PPE) in healthcare settings.

Date: 7/14/20

Video download

link: https://www.cdc.gov/video/socialmedia/316343_DonningPPE_final_lowres_2.wmv

Demonstration of Doffing (Taking Off) Personal Protective Equipment (PPE).

This video is intended for healthcare personnel (HCP) caring for patients with suspected or confirmed COVID-19. It demonstrates one method described in CDC's infection control guidance for doffing (taking off) personal protective equipment (PPE) in healthcare settings.

Date: 4/21/20

Video download link:

https://www.cdc.gov/video/socialmedia/316343_DoffingPPE_final_lowres.wmv

Key Times to Practice Social Distancing

Learn when it's most important to keep 6 feet of space from other people.

Date: 7/13/20

Video download link: <https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/23942394socialDistance.mp4>

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/keytimes/socialdistancing.pdf>

Learn When it's Most Important to Wear a Cloth Face Cover.

Video download link: https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/1084010840faceMask_clothface.mp4

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/keytimes/facemask-clothface.pdf>

Date: 7/13/20

FACE COVERINGS DO'S AND DON'TS

Wearing a cloth face covering correctly can help prevent the spread of COVID-19 to others.

Date: 6/12/20

Video download link: <https://www.cdc.gov/video/socialmedia/Cloth-Face-Covering-Dos-Donts.mp4>

STOP THE SPREAD OF GERMS.

If you are traveling, help stop the spread of COVID-19 and other respiratory illnesses by following these steps.

Video download link: <https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/72107210stop-spread-germs.mp4>

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/stop-spread/stop-spread-germs.pdf>

Date: 7/15/20

Learn when to clean and sanitize toys to protect children and staff from COVID-19.

Video download link: https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/66906690clean_sanitize_childcare.mp4

Transcript: <https://www.cdc.gov/coronavirus/2019-ncov/videos/keytimes/clean-sanitize-childcare.pdf>

Date: 7/13/20

How parents and caregivers can help support children and teens during COVID-19 pandemic.

Video download link:

https://www.cdc.gov/video/socialmedia/316389_COVID19ParentsSupportingChildren-low-res.wmv

For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Taking Care of Your Daily Health During COVID-19.

Rebekah Stewart, a CDC public health service officer and a nurse practitioner discusses the need to maintain personal health care during the COVID -19 pandemic.

Date: 7/10/20

Video download link:

https://www.cdc.gov/video/socialmedia/317985_NonCovidClinicalCare-low-res.wmv

COVID-19: MANAGING ANXIETY AND STRESS.

CDC shares recommendations on how to manage anxiety and stress during the COVID-19 pandemic. If you or someone you care about are feeling overwhelmed with emotions like sadness, depression or anxiety, get support by calling 1-800-985-5990 OR text TalkWithUs, to 66746.

Video download link:

https://www.cdc.gov/video/socialmedia/316387A_COVID19_CaringForSomeone_1.wmv

For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Date: 4/20/20

TALKING WITH CHILDREN ABOUT THE CORONAVIRUS.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

ENGAGING PARENTS IN SCHOOL HEALTH

<https://www.cdc.gov/parents/children/engaging-parents.html>

VIRGINIA DEPARTMENT OF HEALTH

COVID-19 CHECK

If you're feeling sick or have been exposed to someone with COVID-19, the sooner you act the better. Start with these resources to help protect yourself, your family, and your friends as we all work to stop the spread.

<https://www.vdh.virginia.gov/coronavirus/covidcheck/>

COVID-19 STORYBOOK VISUAL

<https://www.vddhh.org/downloads/COVID%2019%20Coronavirus%20story%20communication%20boards.pdf>

YOUTUBE

KEY TIMES TO CLEAN AND SANITIZE TOYS IN CHILDCARE/SCHOOL PROGRAMS

<https://www.youtube.com/watch?v=hySGhWi1JLk>

***Also see children's training and resource sheet.**

APPENDIX

Appendix E

CRCA STUDENT COVID-19 & INFECTIOUS DISEASE TRAINING

BRAINPOP

What is the Coronavirus. Video, lesson, Vocab & More (3rd & 4th gr)

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

VIRUSES

<https://www.brainpop.com/health/diseasesinjuriesandconditions/viruses/>

PERSONAL HYGIENE

<https://www.brainpop.com/health/personalhealth/personalhygiene/>

DISTANCE LEARNING

<https://www.brainpop.com/english/studyandreadingskills/distancelearning/>

COVID-19 PUBLIC SERVICE ANNOUNCEMENT

<https://www.brainpop.com/socialstudies/news/covid19psa/>

YOUTUBE VIDEOS

5 FACTS EVERY KID SHOULD KNOW ABOUT CORONAVIRUS

<https://youtu.be/WwQMtSI3i5I>

COVID-19 SONG INFORMATION

https://www.youtube.com/watch?time_continue=115&v=Ge3BITLg7VM&feature=emb_logo

EXPLAINING CORONAVIRUS TO YOUNGER CHILDREN (3-6yrs)

<https://youtu.be/PkUICIFE45M>

MEET CORONAVIRUS EXPLAINER FOR YOUNG CHILDREN

<https://www.youtube.com/watch?v=FqaXBtSaiUE>

CORONAVIRUS EXPLAINED FOR YOUNG KIDS

<https://www.youtube.com/watch?v=OPsY-jLqaXM>

JOHN HOPKINS 5 TIPS FOR KIDS

<https://www.youtube.com/watch?v=r4i4avKYOrw>

WHAT IS SOCIAL DISTANCING?

<https://www.youtube.com/watch?v=KXUT62G-IcU>

MEET THE HELPERS SOCIAL DISTANCING

<https://www.youtube.com/watch?v=fPrYN0C3Kvw>

STOP SPREADING OF GERMS

<https://youtu.be/JD85FDlxqCs>

A KID EXPLAINING SOCIAL DISTANCING & DISTANCE LEARNING

<https://www.youtube.com/watch?v=FvTZv31eRp0>

KIDS EXPLAIN COVERING COUGHS & SNEEZES

<https://www.youtube.com/watch?v=mQINuSTP1jl>

YOU NEED TO COVER YOUR MOUTH! SONG

<https://www.youtube.com/watch?v=DG4n0r8-UPA>

COUGH AND SNEEZE ELBOWS PLEASE

https://www.youtube.com/watch?v=kR_QiBBjzG4

ALL ABOUT SNEEZES

<https://www.youtube.com/watch?v=zVmzQuxlfw8>

YOUNG CHILDREN WASHING HANDS SONG

<https://www.youtube.com/watch?v=kHPQrYthn6M>

WASH YOUR HANDS!

<https://www.youtube.com/watch?v=qJG72svcQB8>

WASH HANDS WELL SONG

<https://www.youtube.com/watch?v=R9wj3I39gSY>

KID SHOWING HOW TO WASH HANDS

<https://www.youtube.com/watch?v=DDjcJ-fSUgg>