

Dear Parents:

Please find attached the most current Public Health Guidelines for Child Care Settings dated Feb. 12/21. The biggest changes are "when to get tested for Covid-19" and "daily health checks".

Please find below a summary of the guidelines:

### **When to get Tested**

Symptoms:

fever, chills, cough, loss of sense of smell or taste, difficulty breathing - **1** or more of these symptoms, **GET TESTED AND STAY HOME**

sore throat, loss of appetite, headache, body aches, extreme fatigue or tiredness, nausea or vomiting, diarrhea: **1 symptom, STAY HOME UNTIL YOU FEEL BETTER. 2** or more symptoms, **STAY HOME AND WAIT 24 HOURS TO SEE IF YOU FEEL BETTER. GET TESTED IF NOT BETTER AFTER 24 HOURS.**

### **Health Checks**

Parents are to familiarize themselves with the common symptoms of Covid-19 and perform daily health checks prior to bringing your child to the centre. Staff will periodically use the symptom checklist form to complete the daily health checks.

As well as the above requirements, our own internal health policies in regards to vomiting and diarrhea remain in place: your child must stay away from the centre **48 hours** after their last symptom of vomiting or diarrhea.

**DAYCARE PARENTS:** At the front door, it is sometimes necessary for parents to have to pass items back and forth, have discussions about their children and help their children into the building. For these reasons, **ALL** parents are required to wear a mask at the front door, even when standing at the 6ft markers, when dropping off or picking up your child.

In closing, please find below some guidelines in regards to social activities:

### **Examples of Social Activities that are Prohibited under current Public Health Order:**

- Having people over to your home or visiting people you don't live with at their home or vacation rental, indoors or outdoors such as for games, dinner or a backyard hangout.
- Playdates for children
- Hosting or attending events or receptions indoors or outdoors
- Party buses and group limousines

### **Activities Allowed under the order**

These activities are not considered a social gathering:

- Going for a walk or hike. You must make sure a walk or hike **does not turn into a group of people meeting outside**
- Parents carpooling kids to and from school
- Grandparents providing child care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

### **Getting Together Outside:**

- You can go for a walk, bike ride or snow shoe outdoors with a friend or family member you don't live with if you can maintain a safe physical distance and it **does not turn into a group of people meeting outside**