



# CRESCO

## PRESCHOOL & AFTERCARE

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### **SAFETY & CONTROL POLICY FOR COVID-19 PANDEMIC**

To all Parents, Guardians and Staff members,

As an industry, the Nursery school/day care environment, are faced with extreme big and important challenges on how to ensure a safe environment and healthy children/learners in our institutions.

Following the announcements made by the President recently, as well as the extension of the lockdown period, we want to share with you, preventative measures adopted and introduced. Your careful attention and implementation of the following is required:

- The new type of coronavirus (abbreviated COVID-19) is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been spreading internationally, thus the declaration of a “Global Pandemic” by the World Health Organization. The immediate health risk in South Africa is relatively low but are increasing by the day. In line with our lockdown regulations, it is extremely important to stop the spreading of the virus at all costs, ensuring social distancing and related hygienic measures are adhered to.
- Concern over this new virus can make children and families anxious. While we don’t know where and to what extent the disease may spread, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps that we can take to prevent the spread of infection, without panicking at all.

Preventative measures applicable to schools/day care centres are:

## **1. Staff training pre and post Covid-19:**

**When government decides to open school/day care facilities, the school/owner will have to adhere to the following actions, the week before the official opening. He/she will have to ensure that:**

- **All staff who must report for normal duty, are dually informed;**
- **Temperature checks on the staff are being conducted, when he/she is entering and leaving the premises daily;** (The using of the battery-operated temperature meter is advised, this meter only scans the face of the individual, displaying the temperature of the individual on a little screen)
- **Temperature readings obtained to be recorded on the daily attendance register/clock cards used;**
- **All staff to be trained and or informed/properly trained about the contents of the policy document shared;**
- **The entire facility is cleaned and disinfected to standards available in the media;**
- **All the necessary stock required is obtained;** (i.e.; Masks, Antiseptic/disinfectant liquids, cleaning products etc.)

## **2. Pre-Day Care (At home):**

- **Parents are urged to bath children before school in clean hot water:** (Check the water temperature with your wrist or elbow – it should be comfortably warm, not hot. 36-38 degrees Celsius) Also make use of: Dettol / Savlon / or a similar Antiseptic/Disinfectant;
- **Cloth children in freshly washed set of clothes, and always send an extra pair of clothes with;**
- **Ensure your child(ren) gets 8 hours of sleep every night.** (The better they sleep, the better their immune systems fighting viral infections and diseases);
- **The usage of Vitamins such as Vitamin B and C is highly recommended;** (i.e. Zinc and Omega 3 supplements)
- **The usage of foods high in these vitamins and minerals are also highly recommended;** (Lots of fresh fruit, vegetables and less sweets, sugar and starch are recommended);
- **Children should drink at least 1 litre of water per day** (room temperature);
- **Personal hygiene and social intelligence forms part of any child's education.** (Parents to start educating them as far as possible on this subject at home and schools and day care centres will have to continue with the educational process during the day. This should become our new way of living)

## **2. Access Control (At the School/Day Care facility):**

- **Only Parents and Guardians to accompany children to and from school;** (In instances where other arrangements are required/in place, parents must ensure that the necessary documentation are completed, signed and filed). Parents may not enter the school building, the teachers will collect the children from the parking area, take both parents and children's temperatures and accompany them into the school.
- **Upon entering/ exiting the premises, hands of all people, will be sanitized with an Alcohol based hand sanitizer, consisting of 60-95% alcohol base;**
- **Individuals that are visibly sick/and or not adhering to safety and preventative measures mentioned in this document, will not be allowed on the day care/school premises;** (Ensure that each parent is issued with a copy of the policy document)
- **The taking of children's temperatures every morning and afternoon is highly recommended;** (Using the battery-operated handheld device, just scan the face/neck area of the child, the temperature reading is then displayed on the little screen provided on the machine)
- **Children with a relatively high fever (37.5 degrees Celsius and above), should not be allowed onto the premises, and parents should follow the route of reporting it, by phoning the toll-free number: 0800029 999;**
- **Once the test outcomes/results are received, the school should be immediately be informed, allowing the school to plan and inform other parents accordingly;**

## **3. The wearing of Mask(s):**

- **The wearing of face masks by the parents is not negotiable and highly recommended to the children entering the premises;** (If parent do not have masks, the school/centre will provide masks to children at a nominal cost. Children will also be educated about the use of mask at the school)
- **The correct mask for preventing the virus should be used, not dust masks.**

## **4. Transportation of children:**

- **In the short-term, the school will not start with the transportation of children to and from school, ensuring that social distancing is achieved and adhered too;**
- **The transportation of children to be resumed, depending on the declining of the Covid-19 cases reported and as obtained from government daily;**
  - **Once a drastic drop in the statistics is reported (acceptable to standards), parents will be informed and the transportation of children to be considered and or resumed;**
  - **If the transportation is to be resumed, the implementation of serious hygiene measurements discussed and explained, will be adhered too;**

## **5. Food and feeding scheme:**

- **All food and feeding schemes to be handled in line with the hygiene measurements discussed in this document;**
- **Kitchen staff to be trained during the first week of the re-opening and subsequent material/guidelines to be shared with all kitchen staff, obtainable from SA Childcare;**
- **The risk of preparing food and dishing food to children should be handled with the greatest care and treated accordingly;**
- **Supervision during mealtimes is of the utmost importance;**

(The virus is easily spread via body fluids and children should at all cost not be allowed to:

- eat together;
- eat each other's food
- touching each other while eating/drinking. (The cleaning of mouths and hands when finishing is of vital importance and should be handled with the greatest care.)

## **6. The washing/cleaning of hands:**

- **Washing hands with an alcohol-based hand rub, should be instituted to all individuals entering and leaving the premises;**
- **Regularly and thoroughly cleaning of children and staff's hands with disinfectant/ antiseptic soap and hot water, will be instituted, when:**
  - Toilet facilities are being used;
  - Before meals;
  - After meals;
  - Once hands should be washed after coughing/sneezing.

## **7. Social Distancing:**

- **Parents are required to upfront explain to children the concept of social distancing;**
- **At school, children will be educated in social distancing, and spaciouly divided within their different classes;**
- **It is advisable to maintain at least 3 metre distance between yourself and anyone who is coughing or sneezing;**
- **The 1.5 (one point 5) meter distance between individuals is the norm and should always be adhered to;**

- **Hands should be washed and sanitized after a sneeze or cough, and if necessary, the child be removed from the group and monitored for symptoms;**

- Children who are coughing or sneezing regularly or show a high fever, will be removed from class, the parents will be contacted and requested not to bring the child to school unless tested and or assessed; *Why?* When someone coughs or sneezes, he/she spray small liquid droplets from their nose or mouth which may contain the virus and spread the virus to others.

## **8. Touching eyes, nose and mouth:**

- **Parents are required to upfront explain to children the concept of not touching the eyes, noses and mouths;**

- **Children will be advised/educated not to touch their eyes, nose and or mouth; *Why?* Hands touch many surfaces and can pick up viruses. Once the surface is contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.**

## **9. Respiratory Hygiene:**

- **Make sure you and the people around you, are following good respiratory hygiene; This means covering your mouth and nose with a bent elbow or tissue, when coughing and or sneezing, distancing, hand cleaning etc.**

- **The tissue used, should then immediately be disposed;**

- **Children will be asked / assisted to have their face towels and or tissue paper handy for sneezing and coughing purposes. Tissue(s) used, must be thrown into a special bin and disposed on a regular basis by the appointed cleaners; (Like all the other staff, cleaner(s) to be trained how to dispose of such tissues and other related material)**

- **Hands will regularly be washed and sanitized after a sneeze or cough;** (If the child sneezes/coughs more than normal, he/she be removed from the group and it be recommended that he/she be monitored for further symptoms) *Why?* Droplets spread virus. By following good respiratory hygiene, you protect the people around you from the viruses, cold, flu.

- **If children have fever, cough and have difficulty in breathing, report it on the toll-free number 0800 029 999 and seek further medical care, if necessary;**

(Such children must stay/ be kept at home. It is the parent(s) responsibility to immediately contact the toll-free number and seek for further medical assistance, if necessary.)

## **10. The safe keeping of the facility:**

All staff, teachers and children will be encouraged to:

- **Practice good personal hygiene on the premise;**

- **Use other non-contact methods of greeting;** (Elbow greeting if necessary, or avoid touching each other totally)
- **Clean hands by washing with hot water and anti-bacterial/ antiseptic soap and sanitizing hands at regular intervals;** (Use clinically proven disinfectant soap or hand sanitizer (60–95% alcohol based).
- **Create habits and reminding children to avoid touching their faces and cover coughs and sneezes;**
- **Classes, toilets and all other facilities at the Day Care Centre will be disinfected regularly;** (Surfaces like doorknobs, tables, countertops, kitchen areas, electronics, desks, toys, play frames in the play areas, handrails etc. will be regularly disinfected and or cleaned)
- **Ventilation will be increased by opening windows or adjusting ventilation if necessary;**
- **Increase space between people at the School/Day Care Centre to be adhered to;** (The 1-meter distance required, will be adhered to)
- **Educational classes/sessions on COVID-19 virus will be incorporated at the School/Day Care Centre.** (Lessons to be changed and altered, ensuring that the necessary/required Covid-19 information, is included and shared with learners/children out there.)

## **11. Setting the example:**

- **Parents is urged to remember, that setting the correct example to the children/learners is providing the correct results at the end of the day;**
- **It is very important to remember that children are looking up to adults for guidance or how to react to stressful events;** (If parents seem overly worried, children’s anxiety may rise.)
- **Parents should re-assure children that health officials nationally and that staff at School/Day Care Centres are working hard to ensure that adults and children stay healthy;** (However, children also need factual and age appropriate information about the potential seriousness of disease risk and concrete instruction, about how to avoid infections and the spreading of the virus)
- **Teaching children positive preventive measures, talking to them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.**
- **Schools/Day Care Centres to adapt/ change their curriculums, to incorporate the required information and facts around the Corona (Covid-19) virus.**
- **What specific guidelines are recommended in this regard?**

Remain calm and familiarize yourself with the latest facts on the Covid-19 virus; o Children will react and they will follow your verbal and non-verbal reactions; o What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children’s anxiety; o Emphasize and re -assure your children, that they and your family are fine; o Remind them that you and the adults at their Day Care Centre are there to keep them safe and healthy throughout the lockdown period and thereafter; o Allow children to talk about their feelings and help re-frame their concerns into reality and perspective, sharing the correct facts about the virus; Children may need extra attention from you and may want to talk about their concerns, fears, and

questions they might have; o Bullying and or negative comments made toward others should be stopped and such behaviour should be reported to the school/Day Care Centre;

- o Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home;
- o Engage your child in games or other interesting activities instead;
- o Maintain a normal routine and keep to a regular schedule, as this can be re-assuring and promotes physical health;
- o Encourage your children to keep up with their Day Care Centre work and extra-curricular activities, but don't push them if they seem overwhelmed;
- o In the absence of information, children often imagine situations far worse than what they are/the reality;
- o Don't ignore their concerns, but rather explain that for now, a relatively small percentage of the population are infected with the COVID-19 virus; o If we stick to the basics, avoid touching surfaces and or objects unnecessary, protect ourselves by adhering to the hygiene rules and regulations, we will be fine.
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## **12. Symptoms of COVID-19 that should be well known to all:**

**Symptoms that could appear in a period of 2-14 days, if exposed and or infected with the virus, are:**

- **Fever;**
- **Cough;**
- **Shortness for breath;**
- **For some people the symptoms are like having a cold; for others are quite severe or even life threatening.** (In either case it is important to check with your healthcare provider and to follow instructions about staying at home or away from public spaces to prevent the spreading of the virus)

## **13 Communication methods:**

- **Looking at the importance of the matter and high priority it deserves nationally and worldwide, all communication will have to be fast and in writing, where possible;**
- **Due to the importance and impact of social distancing, most of the communication will take place digitally and telephonically;**

**For any additional information or the reporting of possible Covid-19 infections, contact the number 0800 029 999. If no response, contact your doctor, Day Care Centre principal or nearest health centre.**

**Stay aware of the latest information on the COVID-19 outbreak, available on the World Health Organization website (<https://www.who.int/emergencies/diseases/novelcoronavirus-2019/advice-for-public>) and through your national and local public health authority(ies).**

You're sincerely,

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Principal/Owner

\_\_\_\_\_

Date

I \_\_\_\_\_ the Parent/Guardian/Staff Member of

\_\_\_\_\_ School/Day Care Centre acknowledge receipt of the  
policy document submitted and implemented, with immediate effect.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date