

## **Reminder on Good Health Practices for Home Childcare Providers**

The following recommendations are consistent with the COVID-19 workplace preventive measures developed by the Institut national de santé publique du Québec (INSPQ). They are intended to support home childcare providers in adapting their residences and organizing their daily activities accordingly.

For information on hygiene measures, guidelines, instructions and other protocols related to public health, visit the following website: [www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/reponses-questions-coronavirus-covid19/isolement-symptomes-traitements-covid-19/](http://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/reponses-questions-coronavirus-covid19/isolement-symptomes-traitements-covid-19/). We also recommend that you refer to the INSPQ's latest information sheet on the following website: <https://www.inspq.qc.ca/covid-19/sante-au-travail>.

It is essential that you obtain and use the necessary protective equipment in accordance with the INSPQ guidelines.

### **Organization of daily activities**

- Read and distribute:

- To parents and personnel (assistants and replacements), the prevention, exclusion and disinfection measures recommended by the Direction de la santé publique:

<https://santemontreal.qc.ca/fileadmin/fichiers/Campagnes/coronavirus/Services-de-garde-SantePublique.pdf>. You may also propose a “life code” document, to be signed by the parents and reminding them of the measures and exclusion rules.

- To personnel (assistants and replacements), the specific measures that must be applied if symptoms suggestive of the disease are present (fever, cough, respiratory difficulties or other symptoms) according to the following website: <https://www.quebec.ca/sante/problemes-desante/a-z/coronavirus-2019/reponses-questions-coronavirus-covid19/#c46790>.

- Do the online training on case and contact management: <https://www.inspq.qc.ca/covid-19/formations/gestion-cas-contacts>

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### **Layout and use of the residence**

- Put up posters reminding everyone of the importance of hand hygiene, respiratory etiquette and physical distancing in high-traffic areas (e.g. entrance, play areas, bathrooms and exterior doors, etc.)

- [www.mfa.gouv.qc.ca/fr/publication/Documents/MFA-Affiche\\_Mains.pdf](http://www.mfa.gouv.qc.ca/fr/publication/Documents/MFA-Affiche_Mains.pdf)

- OTHER POSTERS (Respiratory hygiene – Protect the health of others [<https://publications.msss.gouv.qc.ca/msss/document-000450>], Staying at home means saving lives! [<https://publications.msss.gouv.qc.ca/msss/document-002469/>], etc.)

- Introduce a strict triage process in the entrance of the home childcare residence (parents, children and other service providers (e.g. delivery or courier).
  - Refuse entry to any child presenting symptoms suggestive of the disease (fever, cough, respiratory difficulties, sudden loss of sense of smell or taste, or other symptoms), as indicated on the following website: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/reponses-questions-coronavirus-covid19/#c46790>).
  - Refuse entry to any child whose parents present these symptoms or who are already in isolation for COVID-19 (case or contact).
- Limit access to the residence to parents or other adults dropping off or picking up a child.
  - Whenever possible, take charge of the child at the entrance doorway.
  - Minimize parents' access to the childcare residence (the parent should not enter the residence).
  - Suggest to parents that only one parent or adult be responsible for dropping off or picking up their child.
  - Whenever possible, limit the access of individuals who are occasionally authorized to drop off or pick up the child and who do not live at the same address.
  - Try to stagger the children's arrival and departure times to prevent too many families from being present at the same time.
- Provide a space, right at the entrance to the residence, where everyone can wash their hands or apply an alcohol-based solution (make sure that it is outside the children's reach).
- Whenever possible, prevent other members of the family from circulating in the spaces reserved for the children.
- Whenever possible, limit the children's circulation to the areas essential for their activities (e.g. entrance, hallway, stairways, room, corridor leading outside).
- Arrange the premises to put as much distance as possible between people.
  - Space out the use of hooks and lockers in the cloakroom.
  - Whenever possible, create space between people (home childcare provider and children) sitting at a table.
  - Space out the "play" areas (e.g. kitchen corner, reading corner or resting corner).
  - Add tables, as needed, to put more distance between the children.
  - Put physical markers on the floor or walls (e.g. lines, stickers or cones) to indicate the two-meter distance that must be maintained between the children during certain activities.

- Provide the children with closed bags or bins for storing their personal belongings.
- Remove all unnecessary objects from the common areas that are accessible to the children (e.g. magazines or decorations).
- Pay close attention to spaces where bottlenecks can form (e.g. entrance to the cloakroom, exit door to the yard or stairways).
- If possible, reserve one bathroom exclusively for the home childcare provider and members of her family (not accessible to the children).
- Identify one secure room where a child presenting symptoms can be isolated while waiting under surveillance for his or her parent to arrive.

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### **Schedule and management**

- At all times, respect the maximum number of children that are allowed in the residence.
- Avoid sharing materials and equipment among home childcare providers.
- Rethink how daily activities and routines are organized to prevent queues or groups from forming (for example, not everyone should go to drink water, wash their hands, get their mats or look for a toy at the same time).

### **Managing activities and outings**

- Maximize time spent outdoors but encourage non-contact activities.
- Avoid games involving contact between people, as much as possible.
- If possible, limit the use of toys, books or table games to one child at a time.
- Limit the number of toys and games in the common areas.
- Remove all toys that are difficult to clean (e.g. puzzles, play dough and card games).
- Prevent the children's comfort items from entering and leaving the premises (e.g. cuddlies or stuffed animals) and ensure that they are cleaned on a regular basis (avoid mixing in material that comes from outside the residence).
- Space out the mats during rest time and make sure that the bedding is washed regularly (blankets and covers).
- Authorize use of the outdoor play module only if it can be disinfected on a regular basis.

### **Organizing meal and snack times**

- Whenever possible and for autonomous children, encourage a distance of two metres between the children and the home childcare provider.
- Add tables as needed.
- Whenever possible, space out the use of highchairs (floor models or fastened to the wall) for infants (e.g. use every second chair).
- Do not share utensils, dishes, glasses, trays, etc.
- Avoid using water bottles.
- Avoid brushing the children's teeth at the home childcare provider's residence.