



# Childcare Provider: COVID-19 Foundations Digital Badge

Module 3 - Preventing the Spread

# Preventing the spread of Covid-19

There are simple steps you can take to reduce the possible spread of COVID-19 and other illnesses such as influenza and the common cold.

- ▶ Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer. The CDC recommends using ABHR with greater than 40% ethanol or 70% isopropanol
- ▶ Avoid close contact with people who are sick
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands
- ▶ Stay home while you're sick and avoid close contact with others.



# Preventing the spread of Covid-19

The plan to keep Maine children and childcare providers safe

- ▶ Childcare providers and children over the age of 5 wear face coverings indoors and outside per state CDC guidelines and Executive Orders.
- ▶ Face shields can be worn for those not able to tolerate a face covering
- ▶ Teach and reinforce hand washing and covering coughs and sneezes
- ▶ The facility should ensure adequate supplies to support healthy hygiene
- ▶ Encourage social distancing
- ▶ Post signs

# Preventing spread of Covid-19

## Face coverings

- ▶ Guidelines from the Department of Health and Human Services for Face Coverings in Childcare facilities include:
  - ❖ Staff and children (age 5 and over) must wear masks
  - ❖ Children ages 2- 4 are encouraged to wear masks (unless deemed developmentally inappropriate)
  - ❖ Children age 2 and under should not wear a face covering
  - ❖ Face coverings are not required during rest/naptime
  - ❖ Face coverings are not required during meal time

The Office of Children and Family Services recommends cloth face coverings

# Preventing the spread of Covid-19

## Social Distancing

- ▶ Social distancing, also called “physical distancing” means keeping space between yourself and other people outside of your home.
- ▶ To practice social or physical distancing stay at least 6 feet from other people.

Working in childcare facilities may make it difficult to practice “physical distancing” and so the Guidelines from Department of Health and Human services recommends a technique known as “Podding.”

# Preventing the spread of Covid-19

## Podding (Social distancing)

Guidelines for podding and social distancing include the following:

- ❖ Childcare classes include the same group each day and the same childcare providers remain with the group each day
- ❖ Limit field trips, gatherings, events and extracurricular activities
- ❖ If possible, keep each group in separate rooms
- ❖ If possible, increase time outside
- ❖ To whatever extent possible, restrict the mixing of children
  - ❖ Stagger playground times
  - ❖ Keep groups separate for special activities
- ❖ If possible, space out seating
- ❖ Restrict nonessential visitors and volunteers
- ❖ Stagger use of communal spaces such as dining halls and disinfect between uses.

# Preventing the spread of Covid-19

## review questions

To help prevent the spread of Covid-19 in a childcare facility:

- A. Children should be grouped with the same children and provider everyday
- B. All children should wear a mask
- C. Good hand washing practices should be enforced
- D. Disinfecting of surfaces should be done between groups and at the end of the day
- E. A, C and D

# Preventing the spread of Covid-19

## review questions

- ▶ What is podding?
  - A. Keeping children contained in pods.
  - B. Keeping the same group of children in the same group each day.
  - C. Grouping children with the same provider each day
  - D. B&C

# Preventing the spread of Covid-19 questions - answers

To help prevent the spread of Covid-19 in a childcare facility:

❖ A, C and D are all correct answers

- A. Children should be grouped with the same children and provider everyday
- B. All children should wear a mask
- C. Only children over the age of 2 should wear a mask. All adults should also wear a mask. Wearing of a mask for children under 2 may cause breathing issues.
- D. Good hand washing practices should be enforced
- E. Disinfecting of surfaces should be done between groups and at the end of the day

What is podding?

❖ The correct is D - B&C

- B. Keeping the same group of children in the same group each day.
- C. Grouping children with the same provider each day

You did it!  
*Congratulations*



You made it to the end of Module 3

*Your next step is to learn about  
Drop off and Pick up Procedures*