

# RECOVERY FROM COVID-19

## Preschools & Day Nurseries

### PHASE 5 REQUIREMENTS

This phase should be considered a return to a normal level of activity within the Bailiwick, with restrictions remaining in place for travel outside of the Bailiwick. Advice from Public Health is that while this is a return to normal, there should be a sustained rigour about personal space and hygiene and so there remains the need for some adjustments to operational practice which leaders should maintain during this phase.

Please ensure you continue to follow the Statutory Standards as set out in the [Early Years Quality Standards Framework](#) and the current [Minimum Standards for Childminders](#).

#### Phase 5 Guidance - Executive Summary

- Maintain a proactive approach to minimising the spread of any illness
- Promote good hand hygiene
- Promote good respiratory hygiene
- If anyone becomes unwell with any flu like symptoms (headache, muscle aches, blocked nose) fever, sore throat, cough, sneezing, shortness of breath or loss of taste or smell, they should stay at home.
- Ensure there is regular cleaning in place
- No self-service of food including for social events and celebrations
- Maintain a sensitive approach to the attendance of any children not returning during this phase
- Priority testing remains available for all staff who have symptoms
- No trips out of the Bailiwick
- Note that, should more cases of Covid-19 occur across the Bailiwick, we may need to revert to a previous phase of operational delivery at some speed.

#### General advice for staff, families and others

- **Stay home if you are unwell.** If anyone becomes unwell with any flu like symptoms (headache, muscle aches, blocked nose) fever, sore throat, cough, sneezing, shortness of breath or loss of taste or smell, they should continue to stay at home until they have been tested or for 48 hours after their symptoms have disappeared.
- If you experience any of the following symptoms: Muscle ache (fatigue, exhaustion), headache (sinus pain, pain around eyes), loss of smell/taste, sore throat, fever (high temperature, rigors, chills, can't get warm), shortness of breath, chest tightness or a continuous new cough
- However, if you do start to experience any symptoms, no matter how mild, please contact the Clinical Helpline by calling 01481 756938 or 01481 756969. The helpline is there to give you advice seven days a week between 8am and 8pm. It is important that you tell them about your travel history when you contact them.
- Avoid touching your mouth, eyes, and nose with unwashed (or gloved) hands.
- Clean your hands thoroughly for at least 20 seconds using soap and water, or use alcohol based hand rub with at least 60% ethanol or 70% isopropanol as the active ingredient.

- Cover your nose and mouth when coughing and sneezing with a tissue or a flexed elbow. Put tissues in the bin.
- If you have returned to Guernsey, Alderney or Sark from outside the Bailiwick you will be served a mandatory 14 day self-isolation order that you MUST comply with.

## **What to do if a child or member of staff becomes unwell**

It is important to note that should the wider circumstances surrounding the global pandemic evolve or escalate, the guidance provided to our sector may change. Leaders should note that, should a case(s) of COVID-19 occur in any setting, Public Health will make a swift assessment based on the specific circumstances and will direct you with the support of the SEYT regarding the need for any changes for that particular Provider, or across the sector more widely.

Leaders should note that there may be future cases of COVID-19 over the coming weeks and months across the island. It continues to be important that all staff are reassured that managing the islands' response to the pandemic is a collective effort across the community and the test, track and trace measures Public Health have in place are sufficient to keep the risks of any infection very low.

- If anyone becomes unwell with a new, continuous cough or any of the following symptoms: Muscle ache (fatigue, exhaustion), headache (sinus pain, pain around eyes), loss of smell/taste, sore throat, fever (high temperature, rigors, chills, can't get warm), shortness of breath or chest tightness in your setting they should be sent home and advised to follow the [Advice for those in home self-isolation](#) and contact the helpline on 01481 756938 or 01481 756969 between 8am and 10pm daily.
- If a child is awaiting collection, they should be moved away from all other children with a practitioner for example it would not be appropriate for younger children to be alone without adult supervision. Ideally, a window should be opened for ventilation. If it is not possible to isolate them, move them to an area which is at least 2 metres away from other people. And inform the parents that an expedient collection is required.
- If they need to go to the bathroom while waiting to be collected, they should use a separate bathroom if possible. The bathroom should be cleaned and disinfected using standard cleaning products before being used by anyone else.  
If they need clinical advice, they (or the practitioner, parent or guardian) should go online to <https://covid19.gov.gg/guidance> If you have **any clinical questions** regarding the coronavirus please call 01481 756938 or 01481 756969 between 8am and 10pm daily). In an emergency, call 999 if they are seriously ill or injured or their life is at risk. Do not visit the GP, pharmacy or a hospital.
- If a member of staff has helped someone who was taken unwell with a new, continuous cough or a high temperature, they do not need to go home unless they develop symptoms themselves. They should wash their hands thoroughly for 20 seconds after any contact with someone who is unwell. If they feel their clothes have been contaminated by someone coughing or sneezing on them they should change these and wash the contaminated clothing on a cycle of at least 60 °C, and tumble dry if possible.

- In most cases, closure of the educational setting will not be needed but this will be a local decision based on various factors such as establishment size and risk of further spread, Public Health will be able to advise on these cases.
- **What to do if we have a confirmed case of Covid-19 in our Provision**
- PH and the SEYT will coordinate with you to ensure you can follow the guidelines found in the following document:
  - **Guidance 'Decontamination of non-clinical areas'**

For further information on all aspects of the Coronavirus go to [www.gov.gg/coronavirus](http://www.gov.gg/coronavirus)

## Latest Public Health Advice

Public Health is currently developing overall advice for all islanders about Phase 5 and this will be available at [www.gov.gg](http://www.gov.gg) shortly.

Public Health are keen to make sure that some of the key messages about good hygiene continue to be emphasised across the community. For preschools, day nurseries and childminders this means that reminders of the benefits of frequent hand washing and good respiratory hygiene practices (catch it, bin it, kill it) should feature as a routine part of your day to day life as this will ensure the community maintains a proactive approach minimising the spread of any illness (including colds and flu) in addition to COVID-19.

The regular cleaning of settings retains a high priority in Phase 5.

## Hand & Respiratory Hygiene

To reinforce the messages around the importance of continued good hygiene practice, please maintain hand sanitiser at entry and exit points to your premises and you should make arrangements for visitors to be signed in by a member of staff. Ensure you continue to display 'catch it, bin it, kill it' posters and other resources which promote health protection messages.

Please ensure the following remains in place:

- Cleaning hands on arrival at the setting, before and after eating, and after sneezing or coughing
- Encouragement not to touch mouth, eyes and nose where possible
- Using a tissue or elbow to cough or sneeze and use bins for tissue waste ('catch it, bin it, kill it')
- Considering how to encourage young children to learn and practise these habits through games, songs and repetition
- Ensuring that bins are emptied throughout the day



This type of hand sanitiser should be avoided as the top is the same as a water bottle and therefore could be mistakenly used by a child as a drinks bottle. If you have purchased these please ensure they are stored out of reach of children and used under adult supervision only.

\*Frequent handwashing may lead to dry/broken skin. Where this is the case, you may wish to encourage parents to provide moisturiser for their child to use or for parents to ensure that children moisturise at home, morning and night.

Every setting will have children and staff who suffer with allergies which can cause coughing or sneezing, common examples include hayfever and asthma. It is important that parents inform you of any diagnosis. If a child is displaying these symptoms for the first time (perhaps due to their age and first time exposure) please contact parents and ensure they seek medical advice before returning to your provision.

## Physical Distancing

Physical distancing, as we have come to understand it during the pandemic, is not necessary in phase 5. However, settings should continue to support an understanding of the health protection benefits of providing appropriate personal space.

It is key to remember that the community has moved rapidly from Phase 4 to Phase 5 and some children and staff may feel anxious about the return to more normal activity. Where possible please continue to provide:

- Leaders and Managers are advised to access the MIND training available so you are able to effectively support your staff teams (contributions to training cost welcome)
- **All** practitioners are advised to access the Supporting Recovery training accessible to all your staff teams virtually delivered by Gillian Gamble Principal Educational Psychologist
- Opportunities for children to talk and express their experiences of the past few weeks
- Opportunities for one-to-one conversations with trusted adults where this may be supportive

All activities in your provision can now return to normal. In physical activity, all contact games and swimming etc. are now permitted. Music can also resume as normal without any restrictions on specific instruments or singing.

There should still be a restriction on any buffet-style snacks or meals either as part of lunches or any end of term celebration activities/trips etc.

## COVID-19 Testing

Public Health have agreed to continue to prioritise any members of the Early Years sector who would like to be tested for COVID-19 and who are unwell with symptoms of COVID-19. In order to access priority testing, staff should contact the coronavirus helpline on 756938 or 756969 and state that they are eligible for priority testing since they work in the EY Sector. In most cases results will be available within 48 hours. This service will be available from 15<sup>th</sup> June 2020.

All staff who display symptoms will be required to stay at home for a minimum of 48 hours after their symptoms have cleared and/or until the results of their test have been confirmed.

More information about testing is available here <https://covid19.gov.gg/support/getting-tested>

## Cleaning

The amount of time the COVID-19 virus survives on inanimate objects and surfaces will vary. Environmental cleaning is one way to remove the virus that causes COVID-19. Employers should continue to ensure the following as is your usual high standards:

- Frequently touched surfaces and objects, such as doors, windows, tables, benchtops, nappy change areas and toys are cleaned regularly using appropriate detergent solutions. Once cleaned, they should ideally be disinfected regularly using appropriate disinfectant solutions.
- Personal items such as phones and glasses and work station equipment such as keyboards are cleaned and ideally disinfected frequently (e.g. using alcohol wipes), and
- Amenities including kitchens, communal areas, change rooms, toilets, showers and drink fountains, should be cleaned and maintained regularly.
- To minimise the risk of exposure to the COVID-19 virus the person cleaning should wear an apron and gloves and wash their hands or use alcohol-based hand sanitiser before and after wearing gloves. Gloves and hand sanitiser should be made available throughout the workplace.
- Put processes in place to regularly monitor and review the implementation of environmental cleaning measures to ensure they remain effective.
- Items such as towels, flannels and bedding must not be shared by children and washed daily in a hot wash (on a cycle of at least 60 °C, and tumble dry if possible).

## Planned events and activities

Given that we are entering the last weeks of academic year, some providers may decide they do not want to embark on organising large-scale events and activities. However Phase 5 means the following can now take place:

- Settling in sessions and show arounds for new and prospective parents
- Parents' evenings/ visits
- All on-island trips subject to usual risk assessments
- Groups singing and parties

## Additional advice

- Water, sand and malleable (e.g. playdough, clay etc.) play is now allowed
- Soft materials should continue to be laundered and cleaned regularly to reduce the risk of contamination, ensure this becomes part of your regular cleaning rota. Ensure children wash their hands before and after use.
- Active travel continues to be promoted as a positive behaviour changes within the community as a 'new normal'.

- Staff who work in care homes, hospital or home based care for the vulnerable and/or elderly are able to also return to work in EYs provision in phase 5
- Volunteers and students can be welcomed back, please ensure you follow the statutory requirements as set out in the EY Quality Standards Framework.
- To ensure you are meeting safeguarding requirements you must operate within ratios and all new staff **MUST** have completed the safer recruitment process with all checks in place **before** they are permitted to start work.
- You can use spare clothes that you have at your provision for children who may need changing, please ensure they are laundered before being used by another child.
- Please reinstate your Super Smiles tooth brushing programme if you suspended it during previous phases.