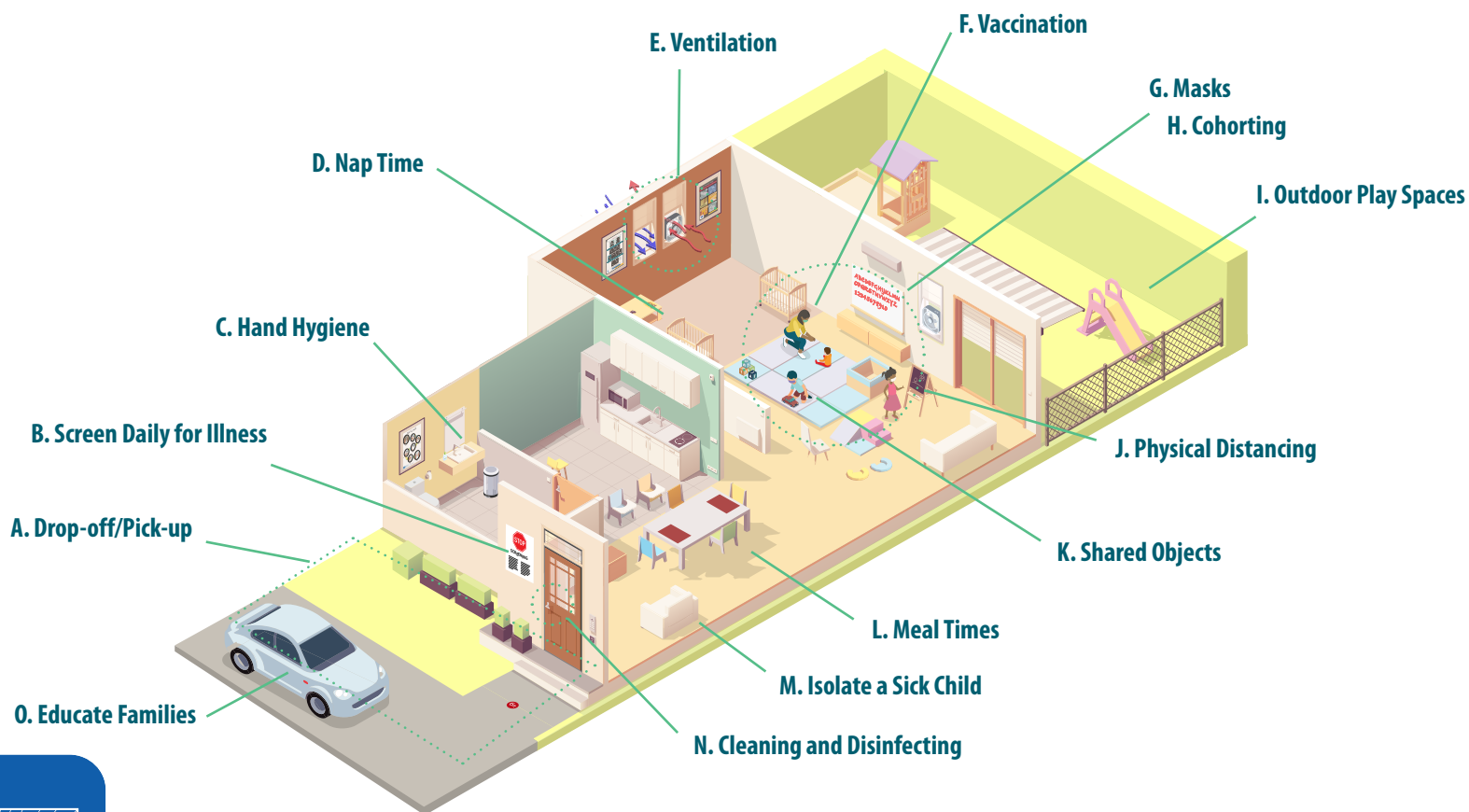


# QUICK GUIDE: HELP PROTECT YOUR FAMILY CHILD CARE HOME FROM COVID-19

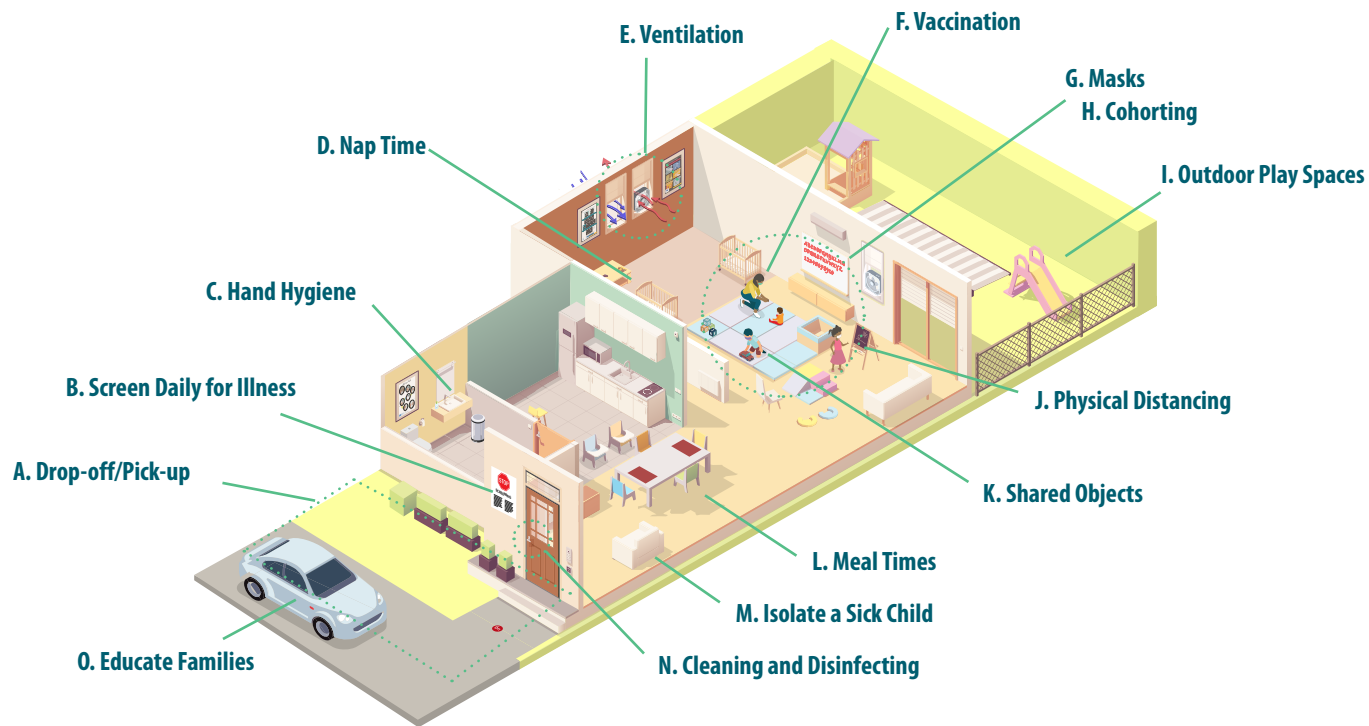
As a child care provider, you can help protect children and their families and slow the spread of COVID-19 by using CDC's updated [Guidance for Operating Child Care Programs during COVID-19](#). Tailor your COVID-19 plans and actions based on the unique needs of your family child care home.

Actions like [wearing masks properly](#), [staying home when sick](#), physical distancing, [frequent handwashing](#), cohorting, and regular and consistent cleaning and disinfecting can help all types of child care programs make spreading COVID-19 less likely.

Refer to [Guidance for Operating Child Care Programs during COVID-19](#) for more in-depth information about preventing the spread of COVID-19 in the child care setting. This CDC guidance is meant to supplement—not replace—any Federal, state, tribal, local, or territorial public health and safety laws, rules, and regulations with which child care programs must comply.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



- A. Drop-off/Pick-up** Stagger drop-off and pick-up times. Limit direct contact with parents, guardians or caregivers. Consider having children dropped off outside or at the door rather than having parents or guardians enter the home.
- B. Screen Daily for Illness** Conduct daily health screenings on anyone entering the home. Examples of screenings could include self-checks for symptoms before arriving, health questions upon arrival, and daily temperature checks.
- C. Hand Hygiene** Wash hands using soap and water for at least 20 seconds. Thoroughly dry hands after washing. Use [hand sanitizer](#) that contains at least 60% alcohol (over age 2) if soap and water are not available.
- D. Nap Time** At nap time, ensure that mats or cribs are spaced out as much as possible.
- E. Ventilation** Reduce concentration of virus particles indoors by increasing airflow. Consider maximizing the existing air circulation system, using child safe fans, opening doors or windows and adding HEPA air filters.
- F. Vaccination** Getting vaccinated as soon as the opportunity is available is an important way for child care providers to stay safe and reduce the risk of getting seriously ill from COVID-19.
- G. Masks** Wear a mask. Everyone 2 and older should wear a well-fitting [mask over their mouth and nose](#), except when eating or sleeping.
- H. Cohorting** Identify small groups and keep them together. If possible, child care groups should include the same children and the same child care providers each day.
- I. Outdoor Play Spaces** Being outdoors reduces the risk of spreading COVID-19, but preventive behaviors are still needed. Keep hand hygiene and cleaning supplies readily available.
- J. Physical Distancing** Modify learning stations and in-home activities so there are fewer children in each area.
- K. Shared Objects** Avoid shared objects. Keep each child's belongings separated.
- L. Meal Times** Eat meals outdoors or in well ventilated areas while keeping physically distanced much as feasible. If you also are in charge of diapering young children, use additional prevention (such as handwashing) between diapering and food preparation.
- M. Isolate a Sick Child** Plan to have an isolation room or an area you can use to isolate a sick child. Make sure isolated children still have adult supervision.
- N. Cleaning and Disinfecting** Clean and disinfect frequently touched objects and surfaces such as toys, door handles, tables, and faucets.
- O. Educate Families** Educate your families about keeping their child home when they are sick, had close contact to a person with COVID-19, awaiting results or tested positive for COVID-19.