

# Mealtime Memo

*for Child Care*

## Staying Safe During COVID-19

As we near the end of summer and start planning for back-to-school, every child care program needs a solid plan in place to protect staff, children, and their families from the spread of COVID-19. Our goal is to provide information that will help keep everyone in your care safe as you continue to provide meals that meet the CACFP guidelines. Here are some of the latest tips from the [Centers for Disease Control and Prevention \(CDC\)](#) regarding safe operations.

### Spread the Word!

- Post [signs](#) in highly visible locations (entrances, restrooms, hallways, etc.).
- Promote [everyday protective measures](#).
- Describe how to stop the spread of germs by [properly washing hands](#).
- Provide information on [face coverings](#) for adults and [children](#). The CDC recommends that children 2 years and older should wear a cloth face covering in public settings where it is difficult to practice social distancing.
- [Communicate](#) with parents, staff, and the community.

**WARNING**

**FACE MASK**



**REQUIRED**

### Involve Parents!

- Recommend parents check their child's temperature before leaving home.
- Require sick children to stay home and remind parents to keep children at home if they have a fever, cough, shortness of breath, or show any signs of illness.
- Encourage parents to role model preventative measures such as proper handwashing, social distancing, and wearing a mask correctly.



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## Protect Yourself and Others!

- Follow appropriate [screening procedures](#). The CDC provides [additional details](#) regarding planning and responding to COVID-19.
- Encourage children and staff to take everyday preventive actions to stop the spread of respiratory illnesses.
- Stay home when sick.
- Cover coughs and sneezes.
- Clean and disinfect regularly touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water aren't available.
- Supervise young children when they use hand sanitizer to prevent swallowing alcohol.



According to CDC guidelines, you should continue to implement [social distancing strategies](#). How can you do that with young children?

- Show children what 6 feet looks like and use playtime as a way of teaching that distance. Measure items that are 6 feet long or 6 feet apart. Safely throw squishy toys or other harmless items to a marked spot that is 6 feet away. Use the game “red light, green light” as a way to gently provide a warning system for children.
- Demonstrate how to walk in line 6 feet apart and explain what to do if someone gets too close.
- Practice walking around the classroom to reinforce the distance in their minds.
- Create one-way routes in hallways.
- Teach kids how to follow the new rules.
- Ask parents to practice these concepts with their children at home.



With the right precautions, we can significantly reduce the risk of transmission while continuing to provide quality care. Please visit the links in this memo for more information. Knowledge is power!

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