



Fremont Parents' Nursery School

HEALTH & SAFETY PLAN

Last revised May 27, 2022

This Health & Safety Plan lays out how we will keep children and employees safe and informed and is based on the California Department of Health Guidance for [Child Care Programs and Providers](#). The guidance is rapidly changing and may change.

Section 1 – Signage and Education:

1.1 Fremont Parents' Nursery School (FPNS) will post a copy of the social distancing protocol at the entrance to the school

1.2 FPNS will post a copy of the Health and Safety Plan (this document) at the entrance to the school

1.3 FPNS will distribute copies of the health and safety plan, the social distancing protocol, and other documentation to all staff and teachers. Copies will also be available at the school.

1.4 FPNS will train teachers and staff on applicable points in the health and safety plan before school begins

1.5 The health and safety plan will continue to be updated and updated information will be distributed as long as the emergency remains in place.

Section 2 – Staff Requirements and Expectations

2.1 All staff and teachers will be instructed not to come to the school if they are sick.

2.2 FPNS will review the symptoms listed on page 9 of the [Health Guidance document from Alameda County](#) with each staff member upon arrival at school.

2.3 Any staff member who has been exposed to COVID-19, has been required to stay home due to symptoms, or has been tested for COVID-19, must follow the [Alameda County Guidance](#) before returning to work

2.4 If any staff member has tested positive for COVID-19, FPNS will follow the [Alameda County Guidance](#) regarding quarantines and exposure

2.5 All teachers and staff are required to wear a face covering/mask while indoors at work. (Unless alone or agreed upon by all individuals in the space.)

2.6 FPNS will have a few face coverings in case a staff member forgets one, but staff members and teachers are expected to provide their own clean face masks.

2.7 FPNS will provide a sink with soap, water, and paper towels for hand washing in the play area, in the kitchen, and in the bathroom for all teachers working onsite at the school. All teachers and staff are required to wash hands at least at the start and end of each shift, after sneezing, coughing, eating, drinking, using the restroom, helping a child use the restroom, changing a child's diaper or soiled clothes, when changing tasks, and frequently during each shift. If they can not access a handwashing station, hand sanitizer will suffice and be used.

2.8 FPNS will provide hand sanitizer effective against COVID-19 throughout the facility for all teachers. Teachers must keep hand sanitizer out of the reach of young children, and supervise use. If sanitizer cannot be obtained, a handwashing station with soap, water, and paper towels will suffice for all children and staff who are at the school.

2.9. FPNS will clean and disinfect areas during the day; when children are outside, between classes, and after school.

Section 3 – Stable and Separate Groups of Children:

3.1 Our school is set up so that each group of children is stable, and no two classes are at the school at the same time.

Section 4 – Illness policies & Symptom Screening for Children:

4.1 Parent volunteers will attest that neither they nor their child has had any of the symptoms described on page 9 of the [Health Guidance document from Alameda County](#).

- Fever, Chills, or Repeated Shaking/Shivering
- Feeling Unusually Weak or Fatigued
- Loss of Taste or Smell
- Muscle pain
- Headache
- Cough
- Sore Throat
- Shortness of Breath

- Difficulty Breathing
- Runny or congested nose
- Diarrhea

4.2 Children and parent volunteers who pass the screening will be allowed in and will wash hands with soap and water before beginning the day. Children will be supervised for proper hand washing technique. If soap and warm water are not available, hand sanitizer will be used.

4.3 Teachers will monitor children through the day and watch for symptom development. If symptoms appear, the child will be separated from the other children and remain supervised and separate until they can be picked up.

4.4 If any child or adult involved in the program develops symptoms while at the school, they will need to leave and take precautions as described by current guidelines in Alameda County.

Section 5 – Drop-Off and Pick-Up Procedures:

5.1. All family members and caregivers must wear face coverings when dropping off or picking up children.

5.2. FPNS will provide clean pens at pick up and drop off, you are required to sign your name legibly at drop off and pick up time.

Section 6 – Face Coverings:

6.1 Face coverings are required by all individuals over the age of 2 while indoors at schools and child care settings, regardless of vaccination status, as per the most recent [guidance from the State of California](#). Parents may give students 1 reminder to pull up masks or replace masks but if students do not follow the directions then parents will get a staff member. If a child still refuses to wear a mask we will contact their caregiver.

6.2 Teachers, staff, students, and parent volunteers will be required to bring their own clean cloth masks or new disposable surgical masks from home each day. Parents are encouraged to pack an extra for children in case the masks are soiled during the day.

6.3 FPNS will have some masks in case they are needed for special cases.

Section 7 – Hygiene and Sanitation:

7.1. FPNS will require that all children and staff wash their hands upon entry to the school. They will wash and sanitize often throughout the day with soap and water for at least 20 seconds. Whenever hand washing is not available, children and teachers will be required to use hand sanitizer. Hand

washing will take place often and especially before eating, after going to the bathroom or diapering, or after wiping their nose, coughing, or sneezing.

7.2. FPNS will continue to educate children and teachers about basic measures to prevent the spread of infection, including covering one's coughs and sneezes and washing hands frequently.

7.3. FPNS will be cleaned and disinfected daily at the end of the day, between classes, and after snack time, while students are outside.

7.4. FPNS will clean, sanitize, and disinfect surfaces and objects that are frequently touched, especially toys and games. This may include doorknobs, light switches, classroom sink handles, countertops, desks, chairs, cubbies, and playground structures.

7.5. If surfaces are visibly dirty, clean them using detergent or soap/water before disinfecting them.

7.6. Our cleaning parent volunteers and teachers will use cleaning products according to the directions on the label and use products that are effective against coronavirus in addition to other illnesses. We will follow the manufacturer's instructions for concentration, application method, and contact time for all cleaning and disinfection products.

7.7. FPNS will keep all cleaning materials secure and out of reach of children and ensure that there is adequate ventilation when using these products to keep children and staff from inhaling toxic fumes.

7.8. FPNS will set aside toys that children have put in their mouths or that are otherwise contaminated by body secretions or excretions. We will clean and disinfect in accordance with our Integrated Pest and Germ Management training.

7.9. During class times, FPNS will set aside any toys that need to be cleaned in a marked container for "dirty toys." They will then be cleaned and disinfected at a later time.

7.10. FPNS will provide class materials such as scissors, markers, pens, pencils, glue sticks, etc.) within groups of children. Any materials will be wiped down with disinfecting wipes before moving them from one group to another.

7.11. Books and other paper-based materials like mail or envelopes, do not need additional cleaning or disinfection.

7.12. All belongings will be kept separate from each other. Extra clothes will be kept in a backpack and belongings will be kept in a child's cubby.

Section 8 – Family Expectations & Requirements:

8.1. FPNS requires and expects that all families and staff members will follow all the safety protocols outlined by the Alameda County Department of Health and CDC in regards to social distancing, face masks, travel, exposure, and other protocols. In the event of inconsistency between county and national guidance, the more conservative guidance is required.

[Alameda County - Isolation and Quarantine after Exposure to COVID-19](#)
[CDC - Domestic Travel During COVID-19, International Travel](#)

These are in place to stop the spread and contraction of COVID-19. This will keep our community safe.

8.2. FPNS requires and expects that all families will follow the following guidelines when sending a child to school:

- Families should be transparent and notify FPNS if there has been any exposure or illness within the families.

8.3. FPNS requires and expects that all families will keep a child and/or parent home if they:

- experience a fever in the prior evening--even if his/her temperature is normal in the morning. Fever is defined as 100° F or higher. A child's temperature must be normal without medication to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) for 24 hours before he/she is brought into proximity with any others.
- experience cough or flu-like symptoms.
- experienced vomiting during the night--unless it is certain that the vomiting was not due to an infectious condition.
- experience diarrhea--as defined by the CDC (consists of more than one abnormally loose stool). A child should not return to school until his/her bowel movements have returned to a normal consistency.
- experience conjunctivitis (pinkeye): a child with pinkeye must be on a regimen of medication and showing signs of improvement before returning.
- experience any unusual rash (not associated with diapering, heat, or allergic reactions) especially with fever or itching.
- persistent cough.
- lice, scabies: children must not return until they are free of lice and nits (eggs). Children with scabies can be admitted after proof of treatment and doctor's note.
- are unusually tired, pale, shows a lack of appetite, is difficult to wake, confused, or irritable, it is sufficient reason to keep her/him home.
- Family Travel Internationally or out of State-- Please see current CDC and Alameda County Guidelines for returning to school.
- Experience flu-like symptoms--Please see current CDC and Alameda County Guidelines for returning to school.

Section 9 – Shelter in Place or Mandatory Closing

In the event that there is a Shelter in Place order or a Mandatory Shutdown, FPNS will follow the guidelines of Alameda County. We will do our best to transition to remote learning as quickly as possible. In this case, all classes will switch to remote learning via Zoom and tuition will reflect a reduction to keep our children learning.

Fremont Parents' Nursery School is committed to providing the high quality care and safety standards to keep children, staff, and families safe during the (COVID-19) pandemic. We follow guidelines from the Alameda County Public Health Department (ACPHD), the Centers for Disease Control and Prevention (CDC), and Community Care Licensing Department (CCLD) and have made adaptations to the strictest safety measures to meet the needs of our program. We will adapt, implement, and update our policies accordingly.

