



**SUB-COMMITTEE 1:
RE-OPENING & CONTINUITY OF SERVICE
FOR CHILDMINDING & DAY CARE CENTRES**



**Key Information and Actions
for Parents/Guardians**

Tips on how to help your child re-adapt to re-opening of Childminding and Day Care Services

What is Coronavirus (COVID-19)?

COVID-19 is a new virus which can affect your lungs and airways.

We are still learning about how it affects children. We know it is possible for people of any age to be infected with the virus, but so far there have been relatively few cases of COVID-19 reported among children. The virus can be fatal in cases, so far mainly among older people with pre-existing medical conditions.

What are the symptoms of Coronavirus (COVID-19)?

The most common symptoms are:



Fever



Cough



Shortness of Breath



Headache



Diarrhea

- Seek medical advice by first calling your health facility and then take your child in, if advised.
- Remember that symptoms of COVID-19 such as cough or fever can be similar to those of the flu, or the common cold, which are a lot more common.
- If your child is sick, keep her/him home and notify the childminder or day care operator of your child's absence and symptoms. Explain to your child what is happening in simple words and reassure them that they are safe.

It is normal for children and caregivers to feel anxious in this current situation. The following are some practical ideas on how to help your child adapt to changes:



1. Monitor your child's health and seek medical care early if he/she has a fever, cough or difficulty breathing.

Keep your childminder or day care operator informed of your child's absence.



2. Teach and model good hygiene practices for your child/children by encouraging them to:

- Wash their hands with soap and water frequently.
- Wash or rub their hands properly using proper techniques as promoted by the Department of Health.
- Wash their hands often, especially before and after eating; after blowing their nose, coughing or sneezing; after using the bathroom and whenever their hands are visibly dirty.
- Encourage children to cover a cough or sneeze with a flexed elbow or tissue, then throwing away the tissue into a closed bin, and not to touch their eyes, mouths or nose if they have not properly washed their hands.



3. Encourage your child/children to ask questions and express their feelings with you or their childminder or day care operator.

Note that your child/children may have different reactions to stress, so be patient and understanding.



4. Communicate with your childminder or day care operator to receive information and to offer your support.



5. Follow safety measures put in place by your childcare service provider.

For Covid-19 related queries contact:

- All Covid-19 related issues: 141
- Hospital/respective Health Centre: 4388000



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