



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



**Key Information and Actions  
for Childcare Services**

# FACTS ABOUT CORONAVIRUS (COVID-19)

## What is Coronavirus (COVID-19)?

COVID-19 is a new virus which can affect your lungs and airways. It is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common cold.

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

The most common symptoms are:



**Fever**



**Cough**



**Shortness of Breath**



**Headache**



**Diarrhea**

In more severe cases, infection can cause pneumonia or breathing difficulties. More rarely, the disease can be fatal. These symptoms are similar to the flu (influenza) or the common cold, which are a lot more common than COVID-19. This is why testing is required to confirm if someone has COVID-19.

## How does COVID-19 spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

## How can the spread of COVID-19 be slowed down or prevented?

Preventive actions in Childminding and Day Care Centres include:



**1. Promote and demonstrate regular hand washing (at least 20 seconds).**

Sing a song while washing hands to practice the recommended 20 second duration.



**2. Ensure soap and safe water is available at age-appropriate hand washing stations.**



**3. Focus on good health behaviours, such as covering coughs and sneezes with the elbow.**

Use puppets or dolls to demonstrate symptoms (sneezing, coughing, fever) and what to do if they feel sick (i.e. their head hurts, their stomach hurts, they feel hot or extra tired).



**4. Place hand sanitizers in entrance/exits if possible.**



**5. Clean and disinfect childcare settings, especially water and sanitation facilities at least once a day, particularly surfaces that are frequently touched (railings, lunch tables, door and window handles, toys, teaching and learning aids etc.)**



**6. Encourage social distancing where possible.**

Have children sit further apart from one another, have them practice stretching their arms out or 'flap their wings', they should keep enough space to not touch their friends.



**7. Increase airflow and ventilation (open windows, use air conditioning, fans where available, etc.)**



**8. Ensure trash is removed daily and disposed of safely.**

**For Covid-19 related queries contact:**

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



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