

Alameda County Public Health Department COVID-19 Tip Sheet for Families Returning to Childcare and Camps

As Alameda County reopens and parents head back to work, families are starting to assess their childcare needs. This guide has been developed to help families make decisions around enrolling their child in a childcare program, and finding safe, high-quality care while staying safe in the months ahead.

Am I ready for an out of home care program for my child?

The first step is to figure out if your family is ready to have your child back in a group or family childcare setting. Questions you should consider include:



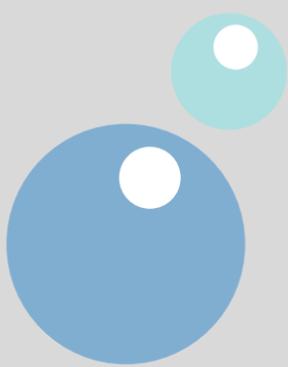
- Is our household healthy? Do any of the members of our household have medical problems that put them at higher risk?
- How is our city and county doing? Monitor Alameda County and your city's COVID-19 cases [here](#).
- Will I find childcare to meet my needs? Contact your local resource and referral agency to ask them about childcare in your area and help to pay for childcare. The phone numbers and websites are at the end of this document

I am ready to find a childcare or camp program. How will they keep my child safe?



- Every childcare program is required to have health and safety measures in place and an emergency plan
- Expect small stable groups of children that will not mix with other groups of children
- Expect for these stable groups of children to remain the same for at least three weeks

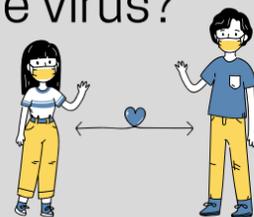
Why are these stable groups (or bubbles) important for keeping my child safe?



As our County's SIP loosens and children begin to leave their homes, the idea is to enter childcare with the least exposure to the smallest number of people as possible. This is why the Public Health Department is recommending children stay with a stable bubble of 12 children and consistent staff. If caregivers and children often move from group to group, the risk of COVID-19 spread goes up, as they are exposed to more children from many households. Additionally, if there is a positive case of COVID-19 in the childcare program, contact tracing becomes more difficult when there are larger numbers of staff and children in contact with each other.

How is the childcare setting prepared to promote physical distancing and lessen the spread of the virus?

- More distance between children during nap time and meals
- No activities that may increase the spread of germs
- More outdoor activities



What safety procedures are in place to detect and prevent illness?

- Expect to drop off and pick up children outdoors, family members to wear cloth face coverings and maintain social distance or stay in car
- Expect staff to conduct health screenings for children and themselves upon arrival and throughout the day
- Expect routine hand washing, possible use of gloves and/or cloth face coverings for adults and children over the age of two

What cleaning and disinfecting protocols will be followed?

- Expect cleaning and sanitation to happen often



My child is enrolled in care or a camp. How should we prepare to return?

If your child has been enrolled in care before, things may look and feel different. Discuss and plan for the following:

- Assure your child that their teachers/caregivers and friends will be there to play and learn as always. Remind them you will come get them when it's time to go home!
- Changes will be happening; be clear with your child about what to expect. Some examples of what might be different include:
 - Changes to drop-off and pick-up routines, including temperature checks
 - Removal of shoes from home and no backpacks or other items from home allowed
 - More frequent hand washing
 - Possible wearing of cloth face coverings or gloves



Considerations to ensure the safe return of children to childcare and summer camp

We all must work together to keep our communities safe and healthy. As we continue to navigate this public health emergency, prepare for the following possibilities:



- Keep your child at home if they are sick with any illness.
- Have an emergency plan of who may pick up your child from care during the day if your child becomes ill if you work in a setting that may not allow you to leave work immediately.
- Report symptoms to the childcare program.
- Contact your health care provider for advice on when it is safe to return to childcare.
- Expect that your child care program may also have policies regarding when it is safe to return to child care.
- Understand your child care program's plan for community spread of illness and/or confirmed case exposure.
- Your child's child care program may temporarily close.
- Confirm payment expectations for families in the event of a closure or extended absence.
- Talk with your employer about sick leave and telework options if you need to stay home with your child. Consider having a back-up child care plan.

Additional Information and Resources:

Local Resources:

First 5 Alameda County, Help Me Grow

<https://alamedakids.org/coronavirus-resources-for-parents/>

Alameda County Public Health Department

<http://www.acphd.org/2019-ncov/resources-organizations/childcare-schools-colleges.aspx>

For help finding childcare contact:

 Referral Phone Number (510) 658-0381 bananasbunch.org	 Referral Phone Number (510) 582-2182 ext. 3198 4c-alameda.org	 Referral Phone Number (925) 417-8733 help@behively.org behively.org
Cities Served Alameda Albany Berkeley Emeryville Oakland Piedmont	Cities Served Castro Valley Fremont Hayward Newark San Leandro San Lorenzo Union City	Cities Served Dublin Livermore Pleasanton Sunol

State Resources:

Early Learning and Care Playbook

<https://californiaall.org/families>

Federal Resources:

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

