

Health and safety Guidelines For Parents and Children

最新健康与安全要求

Please note these changes are to help stop the spread of illnesses and guidelines that have been set forth by the CDC, Department of Health, and EEC. These guidelines are not suggestions but are mandatory, if the family is not willing to comply unfortunately they will not be allowed in the center.

请注意，为了防止疫情蔓延，以下的健康与安全的规定，是根据疾病控制和预防中心（CDC）、公共卫生署（CDC）和早期幼儿教育（EEC）的要求制定。请各位家长严格遵守。如违反以下任何一条规定，任何人不得进入本中心。

Classroom toys that are unable to be sanitized have been removed. Children are asked to keep all toys from home at home, especially toys that we can not sanitize before use in the center. These items are stuffed animals, cloth toys, and toys that children put in their mouth. We also will remove rugs, and fabric seating in the classroom, and place fans that will be mounted to the wall for extra air circulation since we do not have windows that can be opened in the center.

课室里所有无法消毒和清洁的玩具和教材已经被除移。中心不允许儿童从家里带任何私人玩具和物品回本中心，尤其是无法进行消毒和清洁的物品。这些物品包括但不限于：毛绒动物、布玩具、放入口中的物品（如食品玩具、模拟餐具等）。

本中心将除移课室里所有地毯和有毛绒质的座椅。由于中心的窗无法打开，我们将在课室里安装风扇，促进课室里的空气流通。

*These are subject to change as the guidelines change due to the ever changing circumstances. Parents will be notified with ample time to make the changes needed to ensure the health and safety of the children, families, and staff in the center.

备注：由于形势的不确定性，以上规定随时被修改更新。为保证大家的健康与安全，本中心会及时通知各位家长各项被修改更新的规定。

- All children will have their temperature taken at drop off. Any temperature 100.0°F or above the child will be sent home for the day. Parents must stay until temperature is taken and found within normal range.
所有孩子进入课室时需要测量体温。父母必须陪同孩子测量体温。任何温度 100.0°F 或以上的孩子都即刻回家。

Have you or any household members had any of the following symptoms?

您或任何家庭成员在今天或过去24小时内，是否有下列任何症状？

- Fever (temperature of 100.0°F or above), felt feverish, or had chills?
发烧（温度为100.0°F或以上），感觉发烧或发冷？
- Cough? 咳嗽？
- Sore throat? 喉咙痛？

- Difficulty breathing?呼吸困难？
- Gastrointestinal symptoms (diarrhea, nausea, vomiting)? 肠胃道症状（腹泻、恶心、呕吐）？
- Fatigue? Accompanied by other symptoms疲劳？及同时有其它症状？
- Headache?头痛？
- New loss of smell/taste? 突然丧失味觉/嗅觉？
- New muscle aches?出现肌肉疼痛？
- Any other signs of illness? 是否还有其它疾病迹象？

In the past 14 days, have you had close contact with a person known to be infected with the novel coronavirus (COVID-19)? If any of the below are yes, the child must not be allowed to enter the building. The child must return home with their parents or caregiver.

在过去14天中，您是否与已知感染COVID-19的人有密切接触？如果儿童出现以上任何症状迹象，您的孩子不允许进入我们中心。必须在家由父母亲或者其他人照顾。

If anyone in your household has a pending covid test, or the symptoms listed above the child, or the siblings can not attend until a negative result is given to the director. If the child exhibits any of these symptoms, the center reserves the right to request the child be seen by a pediatrician.

如果您家中的任何人有在进行 Covid 检测，或出现上述症状，在向主任提供阴性结果之前，孩子或兄弟姐妹不能参加中心课程。如果孩子出现任何以上症状，中心保留要求孩子去看儿科医生的权利。

- There will be hand sanitizing stations placed out of reach of children so that families can sanitize their hands before going upstairs and leaving the building. This is beside the entrance door please use before coming upstairs.
请各位家长在上楼和离开本中心时使用免洗消毒液洗手。此消毒液会放在高处以免学生接触。
- **If a child has a fever of 100 or above, is having trouble breathing, dry cough, lack of smell or taste, tiredness to the point they are unable to participate in daily activities, diarrhea, nausea, or vomiting they will need to be picked up within an hour.** They will be removed from the classroom, a face mask or cloth covering will be placed on the child (unless breathing issues then 911 will be called) and brought to a secluded area with a staff member. Facemask will also be applied to the staff member when in this room.
如果儿童在本中心出现发烧（等于或高于100°F）、呼吸困难、干咳、突然丧失味觉/嗅觉、疲劳以至于不能参与正常的活动、腹泻、恶心、呕吐等症状，本中心会马上通知家长接学生回家。家长须在一小时内接走儿童。儿童会被安排在指定的地方由工作人员陪同等候家长。儿童须佩戴口罩或面罩。（除非学生有呼吸困难，中心会求救于911）。陪同工作人员也必须佩戴口罩或面罩。
- **If a Child or Staff Contracts COVID-19:** Sick children or employees who are COVID-19 positive or symptomatic and presumed to have COVID-19 must not return until they have met the criteria for discontinuing home isolation and have consulted with a health care provider. Determine the date of symptom onset for the child/staff. Determine if the child/staff attended/worked at the program while

symptomatic or during the two days before symptoms began. Identify what days the child/staff attended/worked during that time. Determine who had close contact with the child/staff at the program during those days (staff and other children). If the individual tests positive for COVID-19 but is asymptomatic, isolation may be discontinued when at least 14 days have passed from the date of the positive test, as long as the individual remains asymptomatic. For example, if the individual was tested on April 1, isolation may be discontinued on or after April 11 if the individual is symptom free.

如果儿童或工作人员感染 **COVID-19** :如果患病儿童或员工的COVID-19呈阳性或有症状并被推定患有COVID-19, 则必须在符合终止居家隔离的标准以及咨询医疗服务提供者之前不得返回本中心。中心须确定儿童/工作人员症状发作的日期。须确定儿童/工作人员在出现症状时或在症状开始的前两天是否曾出勤/上班。中心须确定这段时间儿童/工作人员哪天出勤/上班。如果个人的COVID-19呈阳性但无症状, 则从阳性检测之日起至少经过14天, 只要该人仍无症状, 就可终止隔离。例如, 如果该人在4月1日接受检测, 经过10日如仍无症状, 则可以在4月11日或之后终止隔离。

(1) **If a child or staff has been exposed to COVID-19**, regardless of whether the individual has symptoms or not, the child or staff must not be permitted to enter the program space and must be sent home. Exposed individuals must be directed to stay home for at least 14 days after the last day of contact with the person who is sick. The program must consult the local board of health for guidance on quarantine for other children and staff and what additional precautions will be needed to ensure the program space is safe for continued child care services.

如果儿童或工作人员接触过**COVID-19**患者, 无论该人是否有症状, 则都不得允许进入本中心, 必须将其送回家。与患者接触得组后一天之后, 已接触过的个人必须按指示在家至少14天。该计划必须咨询当地卫生局, 寻求其他儿童和工作人员的隔离检疫指导, 以及需要采取哪些额外的预防措施, 必须确保本中心能安全的继续提供托儿服务。

(2) **If an exposed child or staff subsequently tests positive** or their doctor says they have confirmed or probable COVID-19, they must be directed to stay home for a minimum of 14 days from the 1st day of symptoms appearing AND be fever-free for 72 hours without fever reducing medications AND experience significant improvements in symptoms. Release from isolation is under the jurisdiction of the local board of health where the individual resides.

如果已接触的的儿童或工作人员随后检测呈阳性, 或者他们的医生说他们已确诊或可能有COVID-19, 则必须从症状出现的第一天起, 依指示待在家里至少14天, 并且在没有退烧药物的情况下72小时不发烧, 以及症状有显著的改善。应由该人居住的当地卫生局管辖解除隔离。

(3) If a child's or staff's household member tests positive for COVID-19, the child or staff must self-quarantine for 14 days after the last time they could have been exposed.

如果儿童或工作人员的家人的 COVID-19检测呈阳性, 则儿童或工作人员必须在上一次接触患者后进行14天的自我隔离。

- **Every child** must have an up to date physical and immunization record on file. As well as a physician to call and insurance information. **We must have at least 4 emergency contacts** including yourself and the correct numbers to reach them. Work cell phone and house number must be on file. These are a must before returning to school. 每个儿童的个人档案里必须有最新的健康报告和疫苗记录, 以及医生和医疗保险公司的联系信息。档案里须有四个紧急联系人的电话 (包括家长本人)。家长必须填写工作电话和私人手机电话。这些信息, 儿童在返回中心前必须提交给中心主任。

**** Nebulizers are now allowed to be administered when a child is brought to a separate area where there is ventilation with staff members in proper ppe.**

** 现在，孩子可以在中心使用雾化器。工作人员会在做好防护措施的情况下，陪同孩子在空气流通制定的区域使用雾化器。

- **Medications** for children will need to be in a labeled ziplock bag and given to the child's teacher with a medication form, IHCP, and prescription on the box.

儿童的个人药物必须要用有姓名标签的ziplock 袋着，并交给儿童的老师。同时要递交医疗药物表，以IHCP以及药物的包装盒须贴有成分。

- If a child is ill, they will be brought to classroom 1 the isolation room. Once brought there a parent or caregiver will be contacted. The child will need to be picked up within the hour. Please make sure you have back up contacts to call in the event of illness. The Center Director or staff member will inform the parent of the next steps to take and when the child may return to the center.

如果孩子生病了，他们会被带到教室 1（指定隔离室）。然后中心会即刻联系父母或看护人。孩子需要在一个小时内被接走。请确保您提供紧急（后备）联系人，以便在孩子生病时及时联系上家人或指定联系人。中心主任或工作人员将通知家长下一步要采取的措施以及孩子何时可以返回中心事宜。

- **To slow the spread of COVID-19**, staff will wear a cloth face covering while serving children and interacting with parents and families. Program staff are required to wear a cloth face covering throughout the day. Staff may only remove the face masks when on break, to eat, or drink. When possible and at the discretion of the parent or guardian of the child, programs should encourage the wearing of masks or cloth face coverings for children age 2 and older who can safely and appropriately wear, remove, and handle masks. Additional guidance on use of face coverings and masks by children is as follows:

为减缓COVID-19的传播速度，我们工作人员在提供儿童服务以及与家长和家庭互动时须佩戴口罩或面罩。除了工作休息时间，吃喝时间，工作人员必须全天佩戴口罩和面罩，在儿童家长或监护人的同意下，我们鼓励两岁以上的儿童适当的佩戴和摘下和使用口罩。以下是关于儿童佩戴口罩的详细指导：

(a) ** All children age **5 and above must now wear face masks** at all times. Children ages 2-4 continue to be strongly encouraged to wear face masks. Children 2.6 and above will wear facemasks when not socially distant, when rooms are combined, and when in hallways or bathrooms.

所有 5 岁及以上的儿童现在必须始终佩戴口罩。当 2.6 岁及以上的儿童在社交距离不远、房间合并时以及在走廊或浴室时，继续强烈鼓励 2-4 岁的儿童戴口罩。

(b) When children can be safely kept at least 6 feet away from others, then they do not need to be encouraged to wear a mask.

如果儿童能与他人保持 6 英尺的身体距离，他们不需要佩戴口罩或面罩。

****Only 3 feet of physical distancing is required when all individuals are masked**

(c) **Masks must not be worn while children are eating/drinking, sleeping, and napping.** Strict and consistent physical distancing must be practiced at all times during these activities. Masks do not need to be worn while engaging in active outdoor play, if children are able to keep physical distance from others.

儿童在进食/饮水、睡觉/午睡时，不应戴口罩。在进行以上活动时，必须时刻严格保持要求的身体距离。儿童在进行户外活动时，如果儿童能够与他人保持身体距离，则不需要佩戴口罩。

(d) Children 2 years of age and older must be supervised when wearing a mask. If wearing the face covering causes the child to touch their face more frequently, staff must reconsider whether the mask is appropriate for the child.

两岁及以上的儿童在佩戴口罩时必须受到监督。如果佩戴口罩导致儿童更频繁的触摸脸部，则工作人员必须考虑儿童佩戴口罩的适当性。

Transportation guidelines changed to masks must be worn at all times in the van, and the ratio has returned to pre covid restrictions (7 children on a van). Windows down for ventilation, air circulation of open air, no recirculation of stagnant air. Daily health checks will be performed by the van driver prior to the child entering the van.

交通安全规定更改为在中心专属车中必须全程佩戴口罩，并且比例已恢复到疫情前的限制（规定车上最多承载 7 个儿童）。窗户必须打开通风，保持车内空气流通循环。在孩子进入车之前，司机将进行日常健康检查。

Traveling outside of Massachusetts we require children be tested for covid if traveled outside of Massachyusetts longer than 24 hours. A negative test result must be received prior to the child returning to the center. If a parent chooses to get tested instead of a child, the child will still need to remain out of school until a negative result is received.

如果孩子去马萨诸塞州以外旅行，旅行时间超过 24 小时，我们要求儿童接受新冠病毒检测。在孩子返回中心之前，必须收到阴性测试结果。如果父母而不是孩子选择接受测试，孩子仍需要停学，直到收到阴性结果。

- **Families** should provide their children with a sufficient supply of clean masks and face coverings for their child to allow replacing the covering as needed. Families must have a plan for routine cleaning of masks and face coverings, clearly mark masks with the child's name and room number, if applicable, and clearly distinguish which side of the covering should be worn facing outwards so they are worn properly each day. If families are unable to provide masks, programs should provide masks for children and youth, as necessary. Masks and face coverings must be routinely washed (at least daily and any time the mask is used or becomes soiled) depending on the frequency of use. When possible, masks must be washed in a washing machine in hot water and dried fully before using again. If a washing machine is unavailable, masks must be washed with soap and hot water and allowed to dry fully before using again.

家庭应为儿童提供足够的干净的口罩或面罩，以便在需要时更换。这些家庭必须制定一个日常清洁口罩和面罩的方案，并在口罩上清楚标明儿童的名字和课室号（如适用），并清楚地区分面罩的哪一面应朝外佩戴，以便每天正确佩戴口罩。如果家庭无法提供口罩，则本中心应在必要时提供儿童口罩。口罩或面罩必须根据使用频率定期清洗（至少每天一次，以及使用或弄脏口罩时）。如果有可能，必须将口罩放在洗衣机热水清洗，并等完全干了后再使用。如果没有洗衣机，则必须用肥皂和热水清洗口罩，并等完全干了后再使用。

- We will limit Medications for children that need to be in a labeled ziplock bag and given to the child's teacher with a medication form, IHCP, and prescription on the box.
每个工作人员和儿童会固定在指定的课室。儿童的个人药物必须要用有姓名标签的ziplock 袋着，并交给儿童的老师。同时要递交医疗药物表，以IHCP以及药物的包装盒须贴有成分。

- **Programs may now mix groups** when other risk reduction strategies are in place. Children and staff *must still be assigned* to the same group each day, even if groups mix at some point during the day. At which time all children will remain masked for their safety.

当采用适当的防护措施，现在不同年龄的班级的孩子可以合班。儿童和工作人员每天仍必须分配到固定一班，尽管中心会在当日某个时间段合班。为了安全起见，如果合班，所有儿童都须戴上口罩。

- **Gross motor area and playground use.** If used it will be cleaned with sanitizer, each classroom will be given select toys to use in the gross motor area or playground to limit cross classroom use. We will have designated supplies for each child to use to limit sharing of items, children will be encouraged to stay 6 feet apart, if not possible they will need to wear a mask. Play areas that are small will only have one child in them.

在大肌肉活动区或在户外活动时，使用的玩具或教材都由工作人员分配和安排。每次使用后都需要进行消毒和清洗。每个儿童会被分配活动用具而避免分享。在活动时，工作人员监督他们保持6英尺的身体距离。在条件不允许的情况下，工作人员会提醒儿童佩戴口罩或面罩。某些活动区限制每次一个儿童进入。

- Please discuss with your child that right now we can not share toys, drinks, food, or really anything without a teacher's approval. Toys have to be cleaned before another child touches them. Also please talk to them about covering their cough and sneezes so as to not spread germs. Practice proper hand washing at home so they have a good hold on it before returning to school. Singing the ABC's twice while using both hot and cold water is a good example and one pump of soap. Shutting water off with a paper towel, and drying hands completely.

请家长须教导儿童，在未经老师的允许，儿童不能分享玩具、饮料/水、食物及其它物件。儿童使用过的玩具或教材，必须经过清洗消毒才能给其他人使用。请家长教导儿童在咳嗽或打喷嚏时，需要用正确的掩住以防止细菌扩散。请家长在家与儿童练习勤洗手的习惯，教育儿童如何洗手：包括洗手时间长度为唱ABC的歌两次、同时使用热手和冷水、肥皂的量需要多少等。

We here at Kiddosland appreciate your time and cooperation in these matters. We want to better ensure the health and safety of our children, families, and staff. Once read and understood please sign and date the bottom of this page acknowledging your compliance with these new regulations in place.

以上规定是我们中心为了确保向所有儿童提供健康和安全的教学环境。我们中心在此感谢家长的配合和支持。请仔细阅读，并签名同意遵循所有规定。

_____ Parent signature (家长签名)

_____ Date (日期)