

Reopening Guidelines For Parents and Children

重新开放健康与安全要求

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）和早期教育和护理局（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。

- Please let the Administration know the times you will be dropping off and picking up each day. We ask that when you arrive you call the center so we can let you know if it is possible for you to drop off or pick up.
请提前告知中心主任学生每天的接送时间。如接送时间有临时变动，请在您来本中心前，打电话征询 中心主任的同意。
- Everyday when a child comes to school they will be met downstairs in the vestibule. At this time each child and parent will be asked if they have had a temperature 100 or above if so the child will not be allowed into school for 24 hours until fever free without medication. Once screening is complete the parent and child may enter the building wearing masks or cloth face covering. You will be asked to use hand sanitizer at the entrance. We ask that only one parent/guardian do the drop off and pick up preferably the same parent/guardian. This is to limit the number of people entering the building. We will have staggered drop off times to ensure that there is not a group entering the building at the same time.

每天儿童被送来中心时，中心主任会在中心门口迎接学生。家长和儿童需要回答主任相关的健康问题。如果儿童的体温被测出是或高于100°F，学生不允许进入本中心。儿童必须留在家休息直至并且在没有退烧药物的情况下24小时不发烧。儿童和家长在中心门口通过检查后，必须佩戴口罩或面罩进入中心去指定的课室。在进入二楼教室前，请用免洗消毒液洗手。请尽量安排同一个家长接送儿童。此目的是尽量减少进入本中心的人数。我们会安排个家长的接送时间，避免各位同时聚集在中心门口等候健康检查。

If this is not possible one family at a time will be screened the next will wait outside or in their car and messaged either by cell phone or brightwheel app when it is safe to come in.

如果发生超过一个家庭同时到达中心门口，为避免近距离等候情况，请后到的家庭回到车里或远距离等候。直至收到中心主任手机短信或者brightwheel程序通知。

- Each family will be asked some very important health questions as part of pre screening before entering the building.

在进入中心门口后，每个学生会家长和儿童需要回答主任相关的健康问题如下：

Today or in the past 24 hours, 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 parent 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照顾人照顾。

- 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.
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，中心会求助于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 10 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10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 10 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10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。

- 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. We will no longer be able to administer nebulizers as they increase the risk of the virus being aerosolized.

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。我们中心老师不允许帮助儿童使用喷雾器，以避免扩散病毒。

- 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 whenever 6 feet of physical distancing is not possible. 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，我们工作人员在位儿童服务以及与家长和家庭互动时须佩戴口罩或面罩。在无法保持6英尺的身体距离是，工作人员必须佩戴口罩和面罩。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) Children under the age of 2 years should not wear face coverings or masks.

两岁以下的儿童不应佩戴口罩或面罩。

(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。

(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。

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。

- Each child and staff member will need to bring in their own lunch that is ready to serve from the lunch box. All cups will need to have a straw that is not exposed, and cups will be left in the child's cubby. Refills will be water bottles the parents leave in the child's cubby. All items brought to the center will need to be labeled with the child's name on it, all cups and lunch boxes will need to be brought home everyday to be washed. Blankets, pillows, and extra clothes are to be placed inside a backpack and hung in the child's cubby. A change of outside shoes to indoor is needed, outside shoes will need to be placed in a ziplock bag with the child's name on it and left at the bottom of their cubby or taken with the parent/guardian.

中心不提供午餐。儿童和工作人员自带午餐。所有的杯子必须有盖子和吸管。儿童的自用杯会放在指定儿童储物柜存放。儿童的自备水壶也须存放在儿童的储物柜里。所有儿童的自备用品必须要标明儿童的名字，并且每天必须带回家清洗。儿童的被子和枕头以及备用衣物必须放在书包内并挂放在儿童的储物柜上。儿童必须在中心穿户内鞋，在换了户内鞋以后，户外鞋必须用标有孩子姓名的 ziplock 袋装起来并放在儿童储物柜最下格，或者由家长和监护人带走。

- Seating for lunches will have 2 to 3 children at a table. Spaced out so they are not right next to each other. Extra chairs will be removed so as to not confuse children where to sit, their chairs and spots at the table will be labeled with their names. We will still have disposable goods for the children to use and discard after they are done.

在吃午餐时，每张台只安排2到3个儿童，并且会被安排在指定的标有儿童名字的位置，以保持适当的身体距离。多余的椅子也会被移走。如有需要，工作人员会分发一次性餐具给儿童使用。

- Families with children of siblings close in age, their children will be in the same classroom. Classroom sizes will be changed to 2 staff to 10 children. This goes for preschool through prek. In school age 1 staff to 10 children. This drastically changes our availability in the center until things improve.
 如果家庭有年龄相近的兄弟姐妹关系的儿童，中心会尽量安排他们在同一间课室。每个课室最多不超过10个儿童由2位工作人员负责。此工作人员和儿童人数比例适合幼儿班和学前班。学龄儿童班是由一位工作人员负责10位儿童。这个比例要求会降低整个中心的收生人数。
- Children will remain in classrooms with the same staff member throughout their day. 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. We will no longer be able to administer nebulizers as they increase the risk of the virus being aerosolized.
 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。我们中心老师不允许帮助儿童使用喷雾器，以避免扩散病毒。
- 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 teachers 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.
 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)