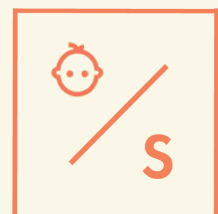


COVID-19 CARE GUIDE

2020



**The STEM
Nanny Company**

SECTION 1. GOOD HEALTH

As we maintain our high standards of care, we will be implementing new measures to keep your family and our clients' families safe and healthy.

To Do

- **Social Distancing:** To ensure the health of our Nanny Families, we must maintain strict social distancing in our personal lives including contact with family and friends.
- **Daily temperature checks:** Our nannies are performing temperature checks before every appointment.
- **Wash hands:** To put parents at ease and ensure the health of our nanny families, wash your hands upon arrival to every appointment for a minimum of 20 seconds.

Wash hands often throughout your appointments. At minimum, once every hour.

- Ensure little ones wash their hands for at least 20 seconds. Encourage them to keep their hands out of mouth and face and to cough in their elbow. Give lots of verbal praise when you observe them doing either technique correctly.
- **Disinfectants:** Your experiment kits are equipped with disinfecting wipes approved by the Environmental Protection Agency (EPA) as effective against the COVID-19 coronavirus.

Use these wipes often to clean items that you bring into families' homes including personal items, such as purses and water bottles, and reusable experiment materials that move between households.

If disinfecting lasts more than 10 minutes, please relay the time spent to the company and we will add it to your hours.

- **Reimbursements:** We will provide reimbursements for your purchase of hand sanitizers and hand disinfecting wipes up to \$20.
- **Good practices:** Your immune system is currently the best defense against this virus as there is no vaccine available. Equip your body to defend by feeding it healthful foods including lots of leafy greens, fruits and vegetables, lots of water and at least 7-hours of sleep.
 - Avoid crowded places and high-traffic areas. If possible, wear gloves when in public.
- If you become ill, you must provide a doctor's note with clearance that it is not COVID-19 coronavirus or self-quarantine for 14 days.

TALKING TO PARENTS

Use your actions to show parents that their families' health is your priority. Wash your hands and disinfect personal items upon arrival. Have open conversations with the family.

Quell fears by openly communicating all the precautions you are taking to ensure their family's health including:

- Avoiding crowded locations and large crowds, especially for leisure activities.
- When you are in public, wash hands often for at least 20 seconds. Disinfect commonly used items such as cell phones, keys, wallets, etc.
- Feeding your immune system for success.
- Ensuring good health before arriving to work.

To ensure your health, we will be verifying with every sick-care appointment that the child has been to the doctor and cleared of COVID-19 coronavirus and providing parents with similar care guides.

EDUCATING THE LITTLE ONES

Let's do our part to teach little ones good sanitary habits!

Try this activity to teach your little ones about germs:

1. Pour glitter or dirt onto a plate. Allow the little ones to coat/cover their hands in glitter.
 - a. The glitter represents germs that our hands collect when we touch door handles, our cell phones and even play on the playground!
2. Have your little ones try to remove the glitter with water (no soap). They'll find that just like with germs, water isn't enough.
3. Now have them try to remove the glitter by washing their hands for 20 seconds. The glitter's all gone!
4. Encourage little ones to sing a song while washing their hands. Be sure to model the behavior when washing your own. Songs to wash hands to:
 - a. ABC's Alphabet Song
 - b. Happy Birthday Song
 - c. Mary Had a Little Lamb

Black Pepper Germs:

Use this experiment extension to teach your littles about how soap gets rid of germs.

In the Black Pepper experiment, the pepper appears to run away when soap is added. As an extension, when doing this project, have the little ones imagine that the black pepper flakes are germs. When we insert a normal finger, the black pepper or germs get on it. When we insert a finger covered in dish soap, the germs run away! This is what soap does. It makes the germs run away!

ADDITIONAL RESOURCES

We want to do our best to keep the little ones learning while they are out of school.

- If the littles are out of school for more than a week, encourage parents to keep a routine. Collaborate with parents to come up with the day's schedule as it will make the transition to school much easier.
- If their school has not provided homework, ask parents if they want you to do any educational workbooks with the children. Set a page amount or time per day that work should be done.
- In addition to our projects and experiments, utilize the following resources to fill the little ones' days with educational fun.
 - This learn at home resource that provides daily learning activities for Pre-K – Middle School.
<https://classroommagazines.scholastic.com/support/learnathome.html>