

## Pandemic Best Practices

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A pandemic is an outbreak of a disease that occurs over a wide geographic area (such as multiple countries or continents) and typically affects a significant proportion of the population.

### Best Practices in all contexts:

- Ensure handwashing strategies include washing with soap and water for at least 20 seconds, especially upon children first arriving; after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Consider frequency of handwashing for children and caregivers.
- Ensure adequate supplies (e.g. soap, paper towels, hand sanitizer, tissue) to support healthy hygiene practices.
- Routinely clean and disinfect surfaces and objects that are frequently touched. This may include cleaning objects and surfaces not ordinarily cleaned daily (e.g., door knobs, light switches, sink handles, countertops). Ensure adequate cleaning supplies are kept on hand. Remove plush toys as they cannot be adequately cleaned.
- Implement social distancing strategies for rooms and movement throughout the home.
- Consider regular health checks of children and adults like checking temperature at the time of drop off and throughout the day.
- Consider modifying caregiver drop-off and pick-ups so that they do not enter the child care setting. For example: pick-up children from their parent or caregiver in the entryway.
- Require sick children and staff to stay home. Utilize available screening tools.
- Keep sick children and caregivers separate from well children and caregivers until they can leave.

### Food and Nutrition:

- Stagger mealtimes, as needed to support social distancing
- If possible, provide individual meals or snacks.
- If possible, consider providing individually wrapped snacks

### Preparation:

- Keep up-to-date and stay informed about the pandemic by following the [Center for Disease Control](#) and [MN Department of Health](#).
- Plan ahead in case your program needs to close, decide how you will communicate with parents and other caregivers.