



Baby Sitting During Covid-19

It is important for both babysitters and parents to know that anyone that comes into your home could bring in the Covid-19 virus or be exposed to the Covid-19 virus through your own family. Following these steps can help you minimize potential risk of infection and stay safe and healthy.

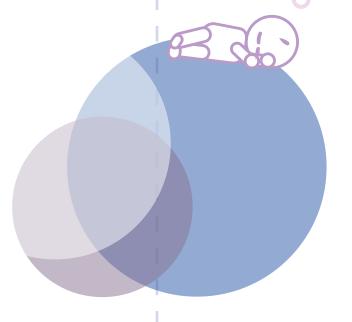
Visit for more info

http://covid-19.kmhc.ca

















Steps for Parents:

- 1. Limit the number of babysitters that come into your home. If possible, hire the same babysitter for the entire summer.
- **2.** Make sure it is someone you trust and who is following the health & safety precautions.
- **3.** Do not have a babysitter in your home if anyone in your home is experiencing any symptoms of COVID-19 such as cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell.
- **4.** Screen the babysitter of any signs and symptoms.
- **5.** Make sure your babysitter has access to hand soap, hand sanitizer, and cleaning products. Demonstrate how you prefer surfaces and toys be cleaned and sanitized after use.
- **6.** Provide specific guidance on outdoor activities that may include other children in the neighborhood or shared, public places such as outdoor recreation paths.
- 7. Create a household plan of action, should someone become sick in the house during your absence. Share this plan with your babysitter.
- **8.** Use of masks if unable to maintain 2-meter distance.
- 9. Vulnerable individuals are most at risk for complications from COVID-19, those who are: > 60 years old, immunosuppressed, uncontrolled or complicated Chronic Disease (ex. Diabetes, COPD, Hypertension), Obese (BMI>40), Pregnant. These individuals have the right to work as long as they know all the risks.



Steps for Babysitters:

- 1. Contact the employer immediately if you are experiencing any symptoms of COVID-19 such as cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell.
- 2. Both you and the children should wash your hands frequently especially before meals and after active play. Always assist younger children with hand-washing and make it fun by singing songs as you count to 20 seconds.
- **3.** Avoid touching your eyes, nose, and mouth and always cover coughs and sneezes with either a tissue or the inside of your elbow. If you use a tissue, put it in the trash immediately after use and sanitize or wash hands immediately.
- **4.** Follow the employer's directions on cleaning and sanitizing surfaces and toys. Prevent poisoning by keeping soaps, hand sanitizers, and disinfectants out of the way of children.
- **5**. Use masks if unable to maintain 2-meter distance.
- **6.** Follow the employer's rules on outside play to safely practice social distancing with other children in the neighborhood.

