



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>

 **The Kahnawà:ke COVID-19 Task Force**

KAHNAWÀ:KE 





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.

