How to Effectively Clean Your House to Protect From COVID-19

Are you cleaning or disinfecting a hard and nonporous material or item like glass, metal, or plastic? Consult EPA’s list of approved products for use against COVID-19. This list will help you determine the most appropriate disinfectant for the surface or object. You can use diluted household bleach solutions if appropriate for the surface. Pay special attention to the personal protective equipment (PPE) that may be needed to safely apply the disinfectant and the manufacturer’s recommendations concerning any additional hazards. Keep all disinfectants out of the reach of children. Please visit CDC’s website on How to Clean and Disinfect for additional details and warnings.

Examples of frequently touched surfaces and objects that will need routine disinfection are:

- tables
- doorknobs
- light switches
- countertops
- handles
- desks
- phones
- keyboards
- toilets
- faucets and sinks
- touch screens

Reference your childcare regulations and/or call your Licensor/Registrar for more information.


Maintain Safe Behavioral Practices

We have all had to make significant behavioral changes to reduce the spread of COVID-19. We will need to continue these practices:

- social distancing (specifically, staying 6 feet away from others when you must go into a shared space)
- frequently washing hands or use alcohol-based (at least 60% alcohol) hand sanitizer when soap and water are not available
- wearing cloth face coverings
- avoiding touching eyes, nose, and mouth
- staying home when sick
- cleaning and disinfecting frequently touched objects and surfaces

It is important to continue to follow federal, state, tribal, territorial, and local guidance for reopening America.

Monitor Your Health

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- Take your temperature if symptoms develop. Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

Handwashing is easy and effective for the prevention of germs!

1. Wet your hands with clean, running water, and apply soap.
2. Lather your hands by rubbing together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel.

Source: https://www.cdc.gov/handwashing/when-howhandwashing.html

Reference the “Infection Control” section of your regulations on handwashing;

GFDC/FDC/SACC/DCC:
(1) Caregivers and volunteers must thoroughly wash their hands with soap and running water at the beginning of each day, before and after the administration of medications, when they are dirty, after toileting or assisting children with toileting, after changing a diaper, before and after food handling or eating, after handling pets or other animals, after contact with any bodily secretion or fluid, and after coming in from outdoors.

(2) Caregivers and volunteers must ensure that children thoroughly wash their hands or assist children with thoroughly washing their hands with soap and running water when they are dirty, after toileting, before and after food handling or eating, after handling pets or other animals, after contact with any bodily secretion or fluid, and after coming in from outdoors.

Child Abuse Maltreatment

Where Do I Call to Make a Report?
As soon as you suspect abuse or maltreatment, you must report your concerns by telephone to the New York Statewide Central Register of Child Abuse and Maltreatment (SCR). The SCR is open 24 hours a day, seven days a week, to receive your call. The timeliness of your call is vital to the timeliness of intervention by the local department of social services’ Child Protective Services (CPS) unit. You are not required to notify the parents or other persons legally responsible either before or after your call to the SCR. In fact, in some cases, alerting the parent may hinder the local CPS investigation and adversely affect its ability to assess the safety of the children.

The telephone numbers to report abuse or maltreatment by a parent, foster care or day care are:
Mandated Reporter (800) 635-1522
Public Hotline (800) 342-3720
For Abuse by Institutional Staff:
1-855-373-2122

Child Care Aware® of Steuben and Schuyler
Contact Information:

Child Care Aware® of Steuben and Schuyler, a department of Pro Action of Steuben and Yates, Inc.
117 E. Steuben Street
Bath, NY 14810
1-607-776-2126
Fax: 607-776-4873
Or
Schuyler Office:
323 Owego Street, Unit 6
Montour Falls, NY 14865
607-535-6806
1-800-553-2033
Hours of Operation: M - F 8:30 am – 4:30 pm

Child Care Aware® of Steuben and Schuyler is a member of Child Care Aware® of America, Winning Beginning NY and the Early Care and Learning Council. Child Care Aware® of Steuben and Schuyler is nationally Quality Assured and NYS Standard of Excellence Certified.