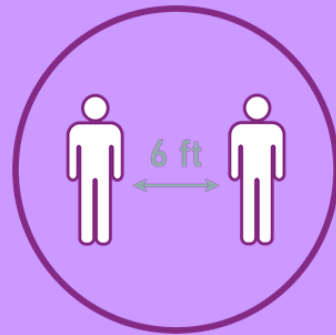


KidzRock Children's Learning Center COVID-19 Health & Safety Plan





KidzRock Children's Learning Center | (909) 264-2000
2345 S. Waterman Ave San Bernardino, CA 92408

KidzRock Children's Learning Center

COVID-19 SAFETY PLAN

Table of Contents

Introduction	2
Disclaimer	3
About COVID-19*	4
Health Screening Process	5
Screening Methods	6
Enhanced Cleaning and Disinfecting	10
Enhanced Additional Personal Hygiene	11
Hand Washing	11
Sanitizer at Entrance	11
Masks and Face Coverings	11
Posters	12
Compliance with Social Distancing Requirements of the CDC	12
Social Distancing Actions	12
Plan for the Event of a Child or Associate COVID-19 Diagnosis	13
Appendix A: Detailed Cleaning and Disinfecting Procedures	15
Appendix B: Detailed Child or Staff Covid-19 Diagnosis Plan	17
Appendix C: Hand Washing	18
Appendix D: Use of Cloth Face Coverings	19

Introduction

Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus. The rapid global spread of COVID-19 has been classified as a global pandemic, and many places are taking steps to protect communities and slow the rate of transmission.

This COVID-19 safety plan has been developed by following the recommendations of and guidance by the [Centers for Disease Control and Prevention \(CDC\)](#), [The California Department of Public Health](#), [Community Care Licensing](#), and [Governor Gavin Newsom](#). A great deal of detailed information can be found by following those links.

The team at KidzRock Children's Learning Center is committed to doing the right thing and doing the best we can. We are committed to communicating with you as transparently as possible. As business conditions change and additional guidance is issued by local, state, and federal authorities, we will adapt to the new realities and update this plan.

Several action items are works-in-progress due to the limited availability of required materials. Those cases are noted within the document.

We welcome feedback on this plan and your thoughts on how we can be as safe as possible during this crisis, particularly from the many members of the medical and scientific community that are parents and family members of the enrolled children and alumni.

We need your help. All parents, associates, vendors, and partners can help us make KidzRock safer and protect our community by:

1. Staying home when sick. If you are a sick staff member, stay home! Follow the call-in procedures. If you are a parent and your child is sick, keep your child home. Do not bring your child back to KidzRock until free of fever or other COVID-19 symptoms for seventy-two hours **or cleared by a medical professional to return**. See more specific instructions on pages six through nine. If you are a vendor, don't come to KidzRock if you are ill.
2. Arranging for someone else to drop-off or pick up your child if you are sick. If this is not possible, please call us when you arrive, and we can meet you at the door.
3. Washing or sanitizing your hands prior to entering the building and upon entering a classroom. This must happen every time you enter the building. Wash your hands frequently with soap and water for at least twenty seconds. When soap and water are unavailable use an alcohol-based rub with at least 60% alcohol.
4. Covering your mouth with tissues whenever you sneeze or cough and discarding used tissues in the trash. If that's not possible, cough or sneeze into your elbow. Do not cough or sneeze into your hand.
5. Avoiding touching your face, especially your eyes, nose, or mouth with your hands.

6. Avoiding people who are sick with respiratory symptoms.
7. Avoiding close physical contact (maintaining a physical separation of at least six feet) with others whenever possible.
8. Avoiding using others' phones, tools, or equipment whenever possible.
9. Wearing a mask or face covering when on our property or in the facility.

FOR Employees of KidzRock:

- Clean and sanitize frequently touched surfaces.
- Follow all actions set out in this plan and our enhanced sanitizing and cleaning procedures.

We're all in this together and we need your help. When we all follow the plan, the chance of transmitting disease is reduced. This plan is specific to COVID-19 and is in addition to our existing policies and procedures which meet state licensing standards designed to help create a safe environment.

Disclaimer

The COVID-19 pandemic is an ongoing, rapidly developing situation. KidzRock encourages all staff and clients to monitor publicly available information and to always follow federal, state, and local health organization guidance and government mandates. This plan is demonstrating our best efforts to increase safety at our facilities. Given the nature of the COVID-19 pandemic, particularly with respect to transmission by asymptomatic carriers, we can't guarantee an environment free from COVID-19 or any other virus or disease. Despite our best efforts in following all applicable guidance, a parent, child, family member, or employee of KidzRock may be infected, with or without their knowledge, and may be unaware that they carry a virus putting others at risk of contracting COVID-19 or another disease.

The information provided herein is obtained from publicly available sources, including federal agencies and governmental entities, leading trade associations and industry consultants, and legal firms. This information may vary and will be updated depending upon current situations and as the knowledge base concerning COVID-19 grows. As there is yet much to learn about COVID-19, please be advised that KidzRock can give no assurances as to the accuracy or completeness of the information provided. Further, the information contained herein is provided for general informational purposes only and should not be construed as a contract or guarantee of performance or results.

About COVID-19*

Symptoms of COVID-19

Infection with SARS-CoV-2, the virus that causes COVID-19, can cause illness ranging from mild to severe and, in some cases, can be fatal. Symptoms typically include fever, cough, and shortness of breath. Some people infected with the virus have reported experiencing other non-respiratory symptoms. Other people, referred to as asymptomatic cases, have experienced no symptoms at all.

According to the CDC, symptoms of COVID-19 are varied and may appear in as few as 2 days or as long as 14 days after exposure. CDC distinguishes acute respiratory illness of recent onset from chronic illnesses like asthma, allergies, or chronic obstructive pulmonary disease (COPD). Additional information from CDC regarding COVID-19 symptoms is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> and <https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>.

How COVID-19 Spreads

Although the first human cases of COVID-19 likely resulted from exposure to infected animals, infected people can spread SARS-CoV-2 to other people.

The virus is thought to spread mainly from person-to-person, including:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has SARS-CoV-2 on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the primary way the virus spreads.

People are thought to be most contagious when they are most symptomatic (i.e., experiencing fever, cough, and/or shortness of breath). Some spread might be possible before people show symptoms; there have been reports of this type of asymptomatic transmission with this new coronavirus, but this is also not thought to be the main way the virus spreads.

Although the United States has implemented public health measures to limit the spread of the virus, it is likely that person-to-person transmission will continue to occur.

[The CDC website provides the latest information about COVID-19 transmission.](#)

*The About COVID-19 section of this plan was copied directly from OSHA's [Guidance on Preparing Workplaces for COVID-19.](#)

Health Screening Process

All employees of KidzRock, all children, parents or other adults dropping off children, and all vendors who enter our buildings must be screened for COVID-19 symptoms prior to or upon entry.

Associates and parents or any person dropping off a child should self-screen prior to traveling to KidzRock. That includes self-monitoring for COVID-19 symptoms and taking their own temperature and the temperature of their child. We reserve the right to screen any individual seeking admittance to our buildings, including taking their temperature with a touch-free thermometer.

Employees must stay home if they are sick.

Children must be kept home if they are sick.

Children will be screened prior to admittance to their classroom.

Upon arrival employees, parents, children must wash/sanitize their hands.

Employees must confirm their self-screen results prior to starting work. Per the CDC, the following method is acceptable:

Employees take their own temperature and self-monitor for any COVID-19 symptoms either before coming to KidzRock or upon arrival at KidzRock. Before arriving to work, or immediately upon their arrival, associates must:

- Confirm that their temperature is less than 100.0° F (38.0° C) and confirm that they are not experiencing coughing, shortness of breath, or other symptoms of COVID-19.
- Confirm that they have no visible signs of illness, which could include flushed cheeks or fatigue.
- Confirm that they have not been in contact with anyone who has had a positive COVID-19 diagnosis within the past fourteen days.

If fever or other symptoms are present or develop, or if there is a positive COVID-19 test, associates must stay at home and promptly call the office and speak with the director or assistant director to report the symptoms. By clocking in, associates are confirming that they have self-screened and confirm they have none of the conditions listed above.

Parents or other adults dropping off children should self-screen prior to drop-off. Please do not bring your child to the center if you are sick.

Children will be screened for visual signs of illness and have their temperature taken prior to entering their classroom at our center.

Vendors will be screened for visual signs of illness and have their temperature taken prior to entering the building.

Screening Methods

We will use one of the following CDC provided methods for health screening. The method chosen will vary over time depending on the availability of equipment and material required for the method.

- **Self-Screening at Home**
 - Individuals should monitor their symptoms and take their own temperature before coming to KidzRock. When individuals arrive at KidzRock, they are confirming that:
 - their temperature is less than 100.0° F (38.0° C) and they are not experiencing coughing, shortness of breath, or other symptoms of COVID-19;
 - if they had a fever or COVID-19 symptoms and self-quarantining, they have been fevered or symptom free for at least 72 hours without the use of medication AND at least ten days have passed since the symptoms first began;
 - they are not suspected of, or confirmed as, having COVID-19; and
 - they have not come into close contact with someone who is suspected of or confirmed as having COVID-19.
 - If COVID-19 symptoms develop, or in the event of suspected or confirmed diagnosis of COVID-19 or close contact with an infected individual, the individual should stay at home and contact local health authorities and the director or assistant director promptly. The individual will remain at home and stay in contact with the director or assistant director to determine an appropriate date to return to KidzRock.
- **Reliance on Social Distancing:** Ask individuals to take their own temperature either before coming to the workplace or upon arrival at the workplace. Upon their arrival, the screener must stand at least 6 feet away from the individual and:
 - Ask the individual to confirm that their temperature is less than 100.0° F (38.0° C) and confirm that they are not experiencing coughing or shortness of breath.
 - Have the individual confirm that they are not suspected of, or confirmed as, having COVID-19.

- Have the individual confirm that they have not been in close contact with someone who is suspected of, or confirmed as, having COVID-19.
- Make a visual inspection of the individual for signs of illness, which could include flushed cheeks or fatigue.
- Screening staff do not need to wear personal protective equipment (PPE) if they can maintain a distance of 6 feet.
- **Reliance on Barrier/Partition Controls:** During screening, the screener stands behind a physical barrier, such as a glass or plastic window or partition, that can protect the screener's face and mucous membranes from respiratory droplets that may be produced when the individual sneezes, coughs, or talks. Upon arrival, the screener should wash hands with soap and water for at least 20 seconds or, if soap and water are not available, use hand sanitizer with at least 60% alcohol. Then:
 - Make a visual inspection of the individual for signs of illness, which could include flushed cheeks or fatigue.
 - Conduct temperature and symptom screening using this protocol:
 - Put on disposable gloves.
 - Check the individual's temperature, reaching around the partition or through the window. Make sure the screener's face always stays behind the barrier during the screening.
 - **If performing a temperature check on multiple individuals, make sure that you use a clean pair of gloves for each individual and that the thermometer has been thoroughly cleaned in between each check.** If disposable or non-contact thermometers are used and you did not have physical contact with an individual, you do not need to change gloves before the next check. If non-contact thermometers are used, clean and disinfect them according to manufacturer's instructions and facility policies.
 - Remove and discard PPE (gloves), and wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

If social distance or barrier controls cannot be implemented during screening, PPE can be used when the screener is within 6 feet of an employee during screening. However, reliance on PPE alone is a less effective control and more difficult to implement given PPE shortages and training requirements.

- **Reliance on Personal Protective Equipment (PPE):** Upon arrival, the screener should wash their hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol, put on a facemask, eye protection (goggles or disposable face shield that fully covers the front and sides of the face), and a single pair of disposable gloves. A gown could be considered if extensive contact with an individual is anticipated. Then:

- Make a visual inspection of the individual for signs of illness, which could include flushed cheeks or fatigue, and confirm that the individual is not experiencing coughing or shortness of breath.
- Take the individual's temperature.
 - **If performing a temperature check on multiple individuals, make sure that you use a clean pair of gloves for each individual and that the thermometer has been thoroughly cleaned in between each check.** If disposable or non-contact thermometers are used and you did not have physical contact with an individual, you do not need to change gloves before the next check. If non-contact thermometers are used, you should clean and disinfect them according to manufacturer's instructions and facility policies.
- After each screening, remove and discard PPE and wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- If the child is cleared to go to class a staff member will escort them to their classroom. At pick up time parents/guardians will remain in the foyer while a staff member picks up their child from the classroom. Please feel free to call 909-264-2000 before you arrive on campus to minimize your waiting time.

INDIVIDUALS REPORTING OR PRESENTING THESE SYMPTOMS WILL NOT BE ADMITTED TO THE BUILDING:

- Cough
- Shortness of breath or difficulty breathing
- Fever over 100.0 degrees Fahrenheit

Children presenting these symptoms or developing these symptoms during the day will be asked to stay home and not return to the center until fever free for at least 72 hours without the aid of fever reducing medication. If a child displays symptoms while on campus they will be removed from the classroom and taken to the isolation room in the office. The child's parents or guardian will be notified that the child is ill and needs to be picked up. Notification will be given via one or more of the following avenues: HiMama, phone, email. The child will be monitored by a staff member while in the isolation room.

Parents are encouraged to seek medical guidance in the event of any COVID-19 symptoms in their children. Parents **are not required to** but may elect to obtain a medical certification which permits an end of self-isolation for the child in advance of the seventy-two hour exclusion period.

Employees reporting or presenting one of these symptoms will be asked to call their healthcare provider for further instructions.

Note: The standards for fever and other symptoms and time of exclusion from the program or work are the guidance and expectations set by the Center for Disease Control (CDC). Our return policies and standards have been developed under the guidance and direction of the CDC and with the goal of protecting our employees, families, and visitors to our facilities.

Your health care provider will give next steps to the employee. If health officials suspect that the employee has COVID-19, they may require the employee to take a COVID-19 diagnostic test and not return to work until after negative test results, improvement in symptoms, and until fever free for at least 72 hours without fever-reducing medications **OR** until fever free for at least 72 hours without fever-reducing medications symptoms have improved, **and** at least ten days have passed since symptoms began. Employees **are not required to** but may elect to obtain a medical certification which permits an end of self-isolation in advance of the ten-day exclusion period from onset of symptoms. In the absence of such approval or certification, CDC guidance will be followed.

Tests for COVID-19 are offered free of charge.

List of testing sites in:

San Bernardino County

<https://www.coronavirus.in.gov/2524.htm>.

Riverside County:

<https://www.rivcoph.org/coronavirus/testing>

In the case of a required COVID-19 test, associates will be paid for the time it takes to travel to and from the testing site and time spent waiting for and taking the test.

Associates may qualify for sick pay under the Families First Coronavirus Response Act.

In all cases of a screening identifying a COVID-19 related symptom, confidentiality must be and will be maintained.

In the case of a staff member displaying signs of illness during work hours a substitute will be called in to replace them. A qualified staff member will take over the sick staff members position until the substitute arrives.

Enhanced Cleaning and Disinfecting

KidzRock(a ministry of The Rock Church) has increased cleaning and housekeeping practices, including:

- Frequent cleaning and disinfecting of shared work areas, toys, and equipment with appropriate disinfecting products.
- Frequent cleaning and disinfecting of high-touch surfaces, including door knobs, handles, keyboards, telephones, tables, etc.
- Frequent cleaning of shared break/lunchroom/bathroom areas with appropriate disinfecting products.
- Disinfection service, Germ Shield, that treats the entire center once per week.

If an employee has a confirmed/suspected COVID-19 diagnosis, the CDC recommends closing off areas visited by the ill persons. Open outside doors and windows and use ventilating fans to increase air circulation in the area. Wait 24 hours or as long as practical before beginning cleaning and disinfection. Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and machines used by the ill persons, focusing especially on frequently touched surfaces.

Directors and Assistant Directors are responsible to ensure that the above housekeeping practices occur on a regularly scheduled basis and if a positive COVID-19 case occurs within the facility. Lead teachers are responsible for cleaning and housekeeping in their rooms.

The detailed cleaning chart is listed in Appendix A.

Enhanced Additional Personal Hygiene

KidzRock has taken several additional steps to increase the safety of its associates, enrolled children, parents, and vendors.

Hand Washing

Hand washing sinks are available in each classroom for the children and teachers, in the teachers lounges and break rooms, public restrooms, and the office area at each center.

Associates must wash hands frequently per licensing regulations and KidzRock long-standing hand-washing policy. The policy has also been recently discussed along with additional training at staff meetings

An informative hand-washing training video can be found [here](#).

High Speed Training's hand washing poster has been included as Appendix C.

Sanitizer at Entrance

Alcohol-based hand sanitizer with a minimum of 60% alcohol content has been placed near each entrance of the facility.

Masks and Face Coverings

All associates, parents, and vendors are expected to wear masks or face coverings while in the building or outside on the property while supervising children. The center will maintain a small supply of disposable masks for parents who forgot to bring one. Parents are strongly encouraged to provide at least two clean cloth masks for their children each day. The supply of masks will be made available as soon as possible.

The CDC has extensive information on masks and cloth face coverings [here](#).

[The CDC Use of Cloth Face Coverings](#) is included as Appendix D.

Posters

We will place reminder posters at the main entrances, on communication boards, in break areas and other conspicuous places within the facility.

Compliance with Social Distancing Requirements of the CDC

KidzRock has taken many steps to improve safety and social distancing to the extent possible in a childcare setting.

Through these measures we will limit large group interactions to the extent possible and limit any one individual's exposure to the minimum number of people possible.

Social Distancing Actions

Classroom Sizes: Per the direction of the Community Care Licensing, group sizes are limited to 10 children until June 30, 2020. At that time, class size will revert to the normal class maximum size, unless otherwise directed.

- **Classroom Mixing:** To the extent possible, students will not be moved from one classroom to another and teachers will remain with the same classes each day and ongoing. The following exceptions apply. 1) At the beginning of the day before 8:30am. 2) At the end of the day, students will need to be combined in one room for parent pick-up. Parents who want to avoid that should contact their child's lead teacher to determine the latest time their child can be picked up in their primary room. 3) Due to teacher absences and breaks, floaters, part-time teachers, and substitutes will need to work in multiple rooms.

- **Classroom Consistency:** To the extent possible, classroom changes for students will be minimized. Unless a student ages out of a classroom or to accommodate ratios, changes will be made in August, January, and May.
- **Field Trips:** There is a moratorium on field trips.
- **Classroom Access:** Only teachers and enrolled children are permitted in the classrooms.
- **Events:** There is a moratorium on all events such as room parties, family movie parties, and unfortunately our pre-kindergarten graduation ceremonies.
- **Tours:** Tours are currently being conducted via the ZOOM application only
- **Visitors:** No visitors are permitted.
- **Extracurricular Activities:** There is a moratorium on extracurricular activities. We will review this policy in June. If the moratorium is rescinded, extracurricular activities may be permitted provided that attendees can maintain social distancing and support proper hand hygiene and cleaning and sanitization for the area after usage can be arranged.
- **Teacher Lounge/Break/Common Areas:** The use of these areas, while discouraged at this time, is permitted if appropriate social distancing is maintained and proper hand hygiene is followed.
- **Meetings:** Group meetings are discouraged; however, small group meetings are permitted if appropriate social distancing is followed and masks or face coverings are worn by all attendees.
- **Drop-off/Pickup:** Drop-off procedures were detailed in the health screening section. The floors inside our foyer main door will be marked with six-foot spacing to maintain appropriate social distancing during pick-ups. If the foyer is full, due to parents appropriately distancing, please remain outside until it is possible to maintain social distancing inside. It will take longer than normal to follow this procedure. Please plan for extra time.

Plan for the Event of a Child or Employee COVID-19 Diagnosis

If a child or staff member is diagnosed with COVID-19, we will close the affected classroom immediately. Parents will be notified via Hi Mama, phone call or email. We may initially dismiss students and most staff for 2-5 days. This initial short-term dismissal allows time for the local health officials to gain a better understanding of the COVID-19 situation and its impact on the program.

Local health officials will help the center determine appropriate next steps, including whether extended dismissal duration is needed to stop or slow further spread of COVID-19.

Next steps will also include contact tracing, i.e., contacting people who may have been in contact with the diagnosed individual. Local health officials will recommend any potential quarantines needed. During the closure, we will deep clean and sanitize.

If a child or staff member is diagnosed with COVID-19, the director, assistant director, or person-in-charge should immediately make a confidential report of this information to the following people:

1. Health Department at 909-387-3911.
2. Carlos Martinez, licensing consultant at 951-782-4200; carlos.martinez@dss.ca.gov
Do NOT use the name of the person suspected or confirmed to have COVID-19 when discussing the situation with Edile or other licensing representatives.
3. Stephanie Moore, church administrator.

The names of any individuals involved must not be shared with anyone other than health officials.

After contacting the preceding individuals and receiving instructions, contact our facilities team director Richard Perez, for deep cleaning, disinfection, and sanitation. Such a report should include only the minimum necessary information to schedule the services and should not include any personally identifying information regarding affected individuals.

909-825-8887| richard.perez@rockchurch.com

Please see Appendix B for more detailed descriptions of actions that must be taken for closure.

Appendix A: Detailed Cleaning and Disinfecting Procedures



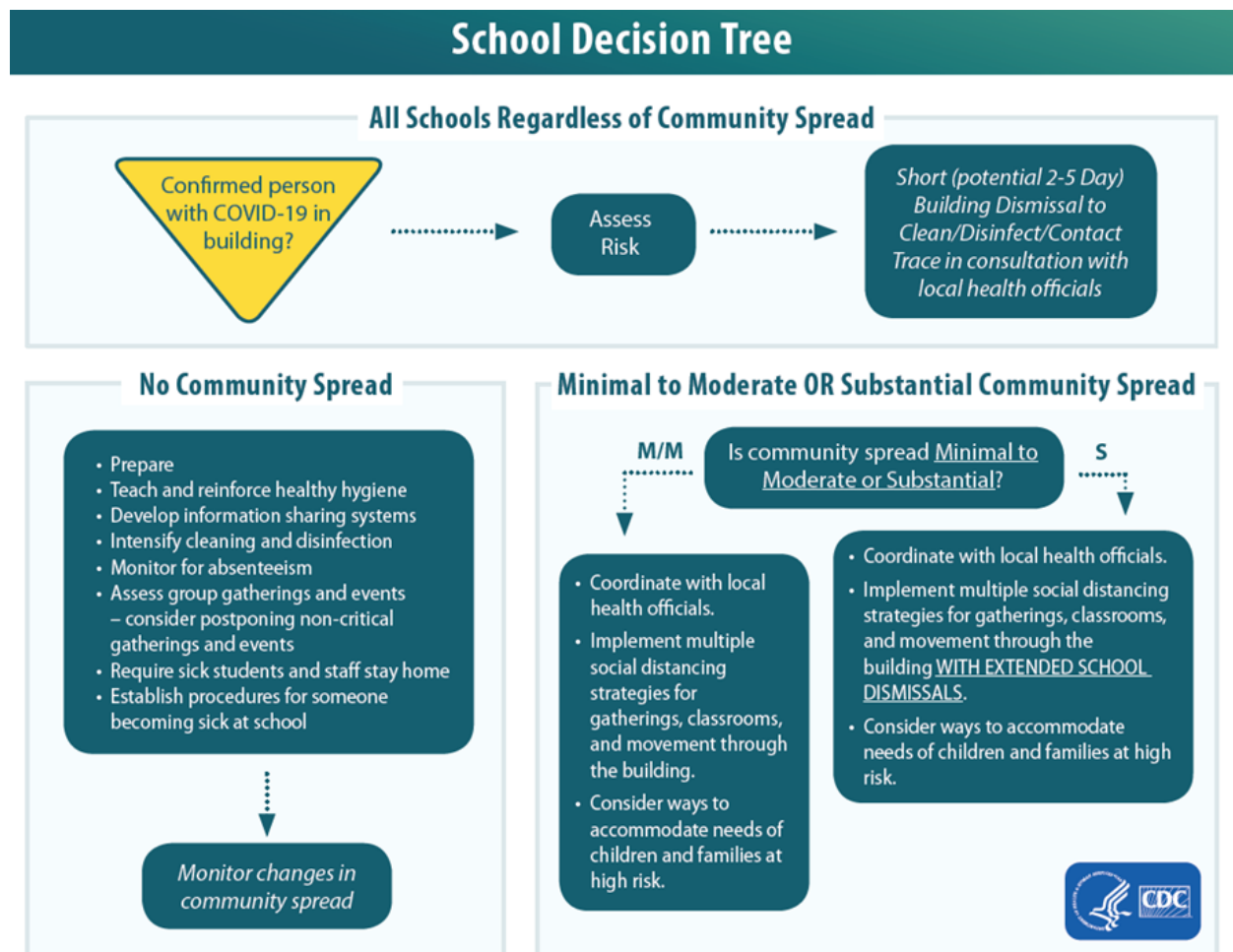
Caring for Our Children: National Health and Safety Performance Standards

Routine Schedule for Cleaning, Sanitizing, and Disinfecting

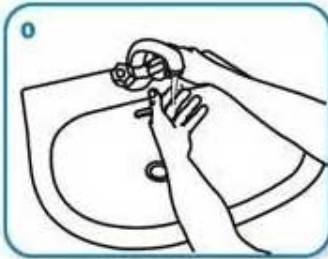
Areas	Before Each Use	After Each Use	Daily (At the End of the Day)	Weekly	Monthly	Comments
Food Areas						
• Food preparation surfaces	Clean, Sanitize	Clean, Sanitize				Use a sanitizer safe for food contact
• Eating utensils & dishes		Clean, Sanitize				If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize
• Tables & highchair trays	Clean, Sanitize	Clean, Sanitize				
• Countertops		Clean	Clean, Sanitize			Use a sanitizer safe for food contact
• Food preparation appliances		Clean	Clean, Sanitize			
• Mixed use tables	Clean, Sanitize					Before serving food
• Refrigerator					Clean	
Child Care Areas						
• Plastic mouthed toys		Clean	Clean, Sanitize			
• Pacifiers		Clean	Clean, Sanitize			Reserve for use by only one child; Use dishwasher or boil for one minute
• Hats			Clean			Clean after each use if head lice present
• Door & cabinet handles			Clean, Disinfect			

• Floors			Clean			Sweep or vacuum, then damp mop, (consider micro fiber damp mop to pick up most particles)
• Machine washable cloth toys				Clean		Launder
• Dress-up clothes				Clean		Launder
• Play activity centers				Clean		
• Drinking Fountains			Clean, Disinfect			
• Computer keyboards		Clean, Sanitize				Use sanitizing wipes, do not use spray
• Phone receivers			Clean			
Toilet & Diapering Areas						
• Changing tables		Clean, Disinfect				Clean with detergent, rinse, disinfect
• Potty chairs		Clean, Disinfect				
• Handwashing sinks & faucets			Clean, Disinfect			
• Countertops			Clean, Disinfect			
• Toilets			Clean, Disinfect			
• Diaper pails			Clean, Disinfect			
• Floors			Clean, Disinfect			Damp mop with a floor cleaner/ disinfectant
Sleeping Areas						
• Bed sheets & pillow cases				Clean		Clean before use by another child
• Cribs, cots, & mats				Clean		Clean before use by another child
• Blankets					Clean	

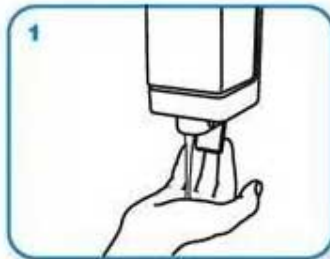
Appendix B: Child or Staff COVID-19 Diagnosis Plan



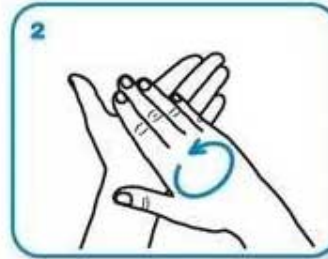
Appendix C: Handwashing



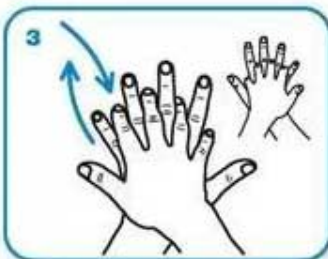
Wet hands with water



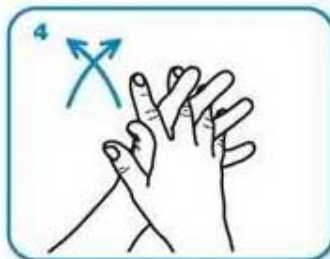
apply enough soap to cover all hand surfaces.



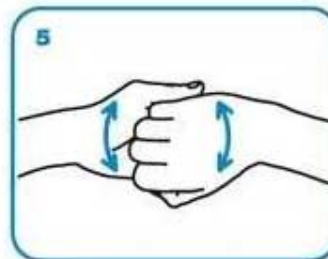
Rub hands palm to palm



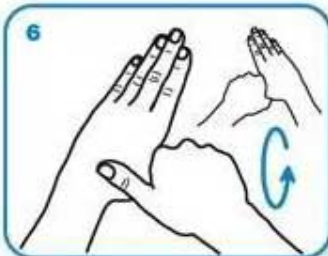
right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



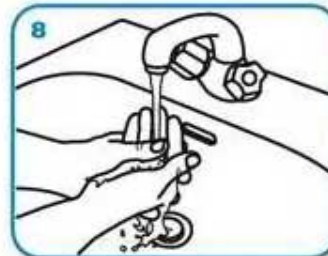
backs of fingers to opposing
palms with fingers interlocked



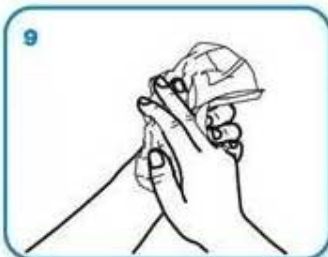
rotational rubbing of left thumb
clasped in right palm
and vice versa



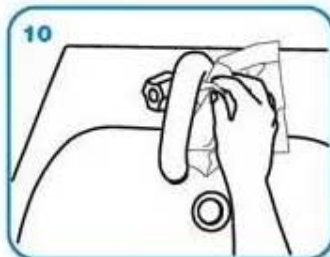
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



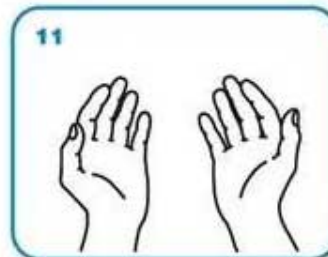
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

Appendix C: Cloth Face Coverings

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

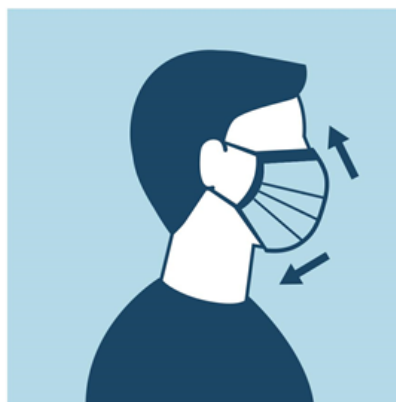
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



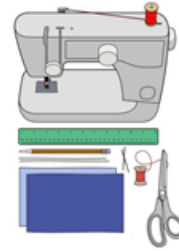
CS3163538 04/10/2020, 8:07 PM

cdc.gov/coronavirus

Sewn Cloth Face Covering

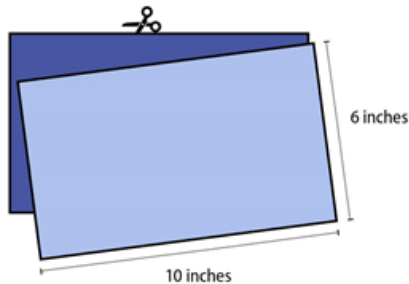
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

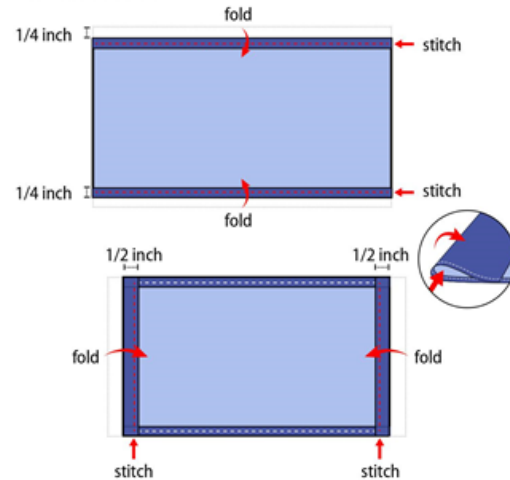


Tutorial

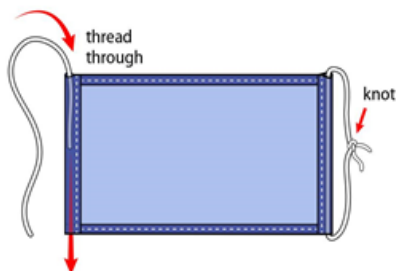
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



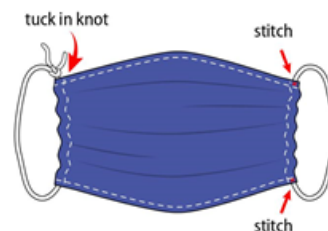
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

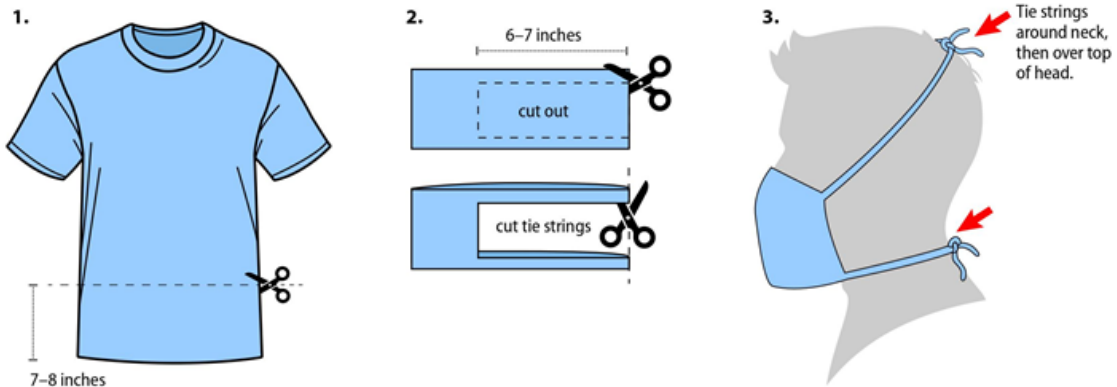


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

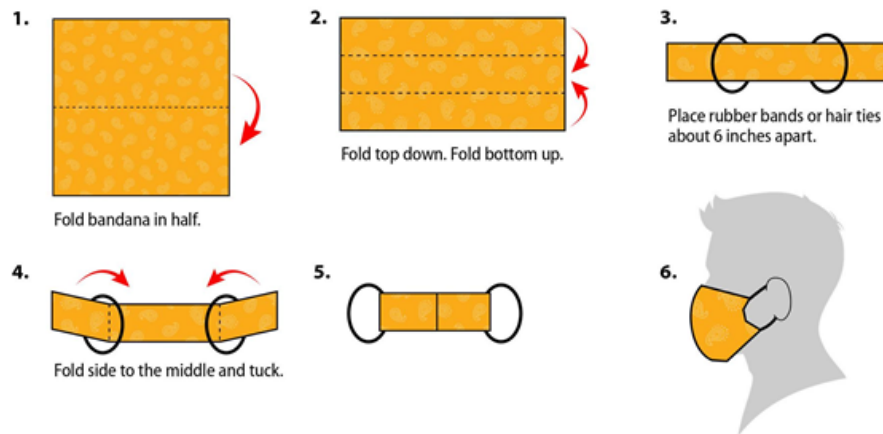


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



KidzRock Children's Learning Center

COVID-19 Health and Safety plan



Parent Acknowledgement

I _____ parent of _____,
have received a copy of the COVID-19 Health and Safety Plan. I have read and
understand the policies and procedures contained in the plan and have no
further questions.

My signature states that I have discussed this policy with my spouse or other
guardian(s) of my child. I/we understand the policies and procedures in this
plan may be amended by KidzRock at any time. Should this happen, the
updated policies and procedures supersede any and all prior. I/We agree to
abide by these policies and procedures.

Signature _____

Date _____



KidzRock Children's Learning Center COVID-19 Health and Safety plan

Employee Acknowledgement

I _____ an employee of KidzRock Children's Learning Center, have received a copy of the COVID-19 Health and Safety Plan. I have read and understand the policies and procedures contained in the plan and have no further questions.

My signature states that I understand the policies and procedures in this plan and agree to abide by them. I understand that these policies and procedures may be amended by KidzRock at any time. Should this happen, the updated policies and procedures supersede any and all prior.

Signature _____

Date _____