



I, _____, have read the Dream Center COVID-19 policies and agree to following the Dream Center COVID-19 policies.

Child/Children in Dream Center Program: _____

Parent Signature: _____

Date: _____



Covid19 High Risk Students or Adults

Steps you can take: If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

- Stay home, if possible.
- Wash your hands often.
- Take everyday precautions to keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
- Keep away from people who are sick.
- Stock up on supplies.
- Clean and disinfect frequently touched services.
- Cover your mouth and nose with a face covering when around others.
- Cover coughs and sneezes.
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying condition or if you are sick.
- (See “Steps you can take” Print Friendly PDF)

Covid19 High Risk Students or Adults

How to Protect Yourself & Others: Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.

Know how it spreads:

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact:

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
 - Remember that some people without symptoms may be able to spread virus.
 - Stay at least 6 feet (about 2 arms’ length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.



Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - 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 mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes:

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect:

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

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.

Covid19 Daily Student Safety Routine

Daily DC Employee Routine

1. To minimize the risk of contracting or spreading the COVID-19 virus, students are asked each day to implement the following procedures:
 - a. Pick Up and Check In
 - i. Immediately apply hand sanitizer provided by School Connector.
 - ii. Face coverings MUST be worn in the bus/vans.
 - b. During Programming
 - i. Avoid touching your eyes, nose, and mouth.
 - ii. Wash hands before and after meals (for 20 seconds).
 - iii. DC Staff and Students will have the OPTION to wear Face Coverings throughout the day that includes:
 1. Transitions in the Hallways
 2. Arrival/ Dismissal
 3. During Academic Center
 4. Mentoring/ CEF
 - iv. Policies subject to change as CDC, Gov't, and School District provides recommendations
 - c. All staff NOT in Direct Youth Service DC programming will have the OPTION to wear a mask at any time.
 - d. Hand Washing Procedure
 - i. Children and employees will wash their hands using the following method:



1. Turn on water to a comfortable temperature.
 2. Moisten hands with water and apply liquid soap to hands.
 3. Rub hands together vigorously until a soapy lather appears, and continue for at least 20 seconds. Rub areas between fingers, around all nail beds, under fingernails, jewelry, and back of hands. Rinse hands under running water until they are free of soap and dirt and turn off water with a paper towel.
 4. Dry hands
- ii. Hand Washing Assistance
1. Teachers/coaches will provide guidance and practice opportunities to students to review proper handwashing techniques.
 2. Students will either use a child size sink or stand on a safety step at a height that allows the child to reach the running water if needed.
- e. Situations that Require Hand Washing
- i. All employees, volunteers, and students will wash hands at the times indicated below and at additional times as needed.
 1. Upon arrival for the day
 2. Before and after the following situations:
 - a. Handling food or eating any meal
 - b. Feeding a child
 - c. Giving medications
 - d. Playing in water that is used by more than one person (swimming pools)
 3. After the following situations:
 - a. All sports, music & performing arts, field trips, games, all activities.
 - b. Using the restroom or assisting a child in the restroom
 - c. Handling bodily fluids (e.g. mucus, blood, vomit, sneezing, open wounds or sores)
 - d. Handling uncooked food (especially raw meat and poultry)
 - e. Handling animals
 - f. Cleaning or handling the garbage
 - g. Playing outdoors

Cleaning Schedule and Routine

D.D.C. uses the following cleaning schedule to maintain a clean facility:

1. Daily cleaning
 - a. Countertops, tables, floors, doors, and handles.
 - b. Carpets and large rugs (vacuumed daily, carpet cleaning as needed).
 - c. Sanitize utensils, surfaces and equipment for all activities.
 - d. Sanitizes toilets, sinks, faucets daily or more often if needed.
 - e. Sanitize food preparation and service surfaces before and after use.
2. Weekly cleaning
 - a. Uniforms/practice attire (uniforms are cleaned more often as needed).
 - b. All materials, towels, and equipment as needed.
 - c. Sanitize coat rack areas, storage spaces, etc.
3. Additional cleaning and maintenance will be done as needed and all cleaning schedules may vary according to need and soiling.

Symptoms of Coronavirus

What you need to know

- Anyone can have mild to severe symptoms.



- Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. When to Seek Emergency Medical Attention Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19. See Covid19 PDF Visual Flyers.

What to do if You Are Sick

If you have a fever, cough or other symptoms, **STAY HOME**. You may return to the Dream Center **AFTER 24 hours** with no symptoms.

Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- Keep track of your symptoms.
- If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.

Steps to help prevent the spread of COVID-19 if you are sick: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care:

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Avoid public transportation, ride-sharing, or taxis.

Separate yourself from other people: As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

- Additional guidance is available for those living in close quarters and shared housing. On CDC website.
- See COVID-19 and Animals if you have questions about pets.



Monitor your symptoms:

- Symptoms of COVID-19 fever, cough, or other symptoms.
- Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.

When to Seek Emergency Medical Attention: Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
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- Inability to wake or stay awake
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*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

*Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor:

- Call ahead. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

If you are sick wear a cloth covering over your nose and mouth:

- You should wear a cloth face covering, over your nose and mouth if you must be around other people or animals, including pets (even at home)
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.

Cover your coughs and sneezes:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often:

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items:

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash these items thoroughly after using them with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday:

- Clean and disinfect high-touch surfaces in your "sick room" and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.



- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

When You Can Be Around Others After You have been Sick or had Covid19

If you have or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately. When you can be around others (end home isolation) depends on different factors for different situations. Find CDC's recommendations for your situation below.

I think or know I had COVID-19, and I had symptoms:

You can be with others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.

- The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19. Check your local health department's website for information about options in your area to possibly shorten this quarantine period.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.

- Someone who has been fully vaccinated and shows no symptoms of COVID-19

Or:

- Someone who has COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

If a Dream Center Student or Staff is Diagnosed with Covid19

If a Dream Center Student or Employee is diagnosed with COVID-19 the following actions will take place:

1. Contact Tracing: DC Staff/Administrators will determine if any other students/staff were exposed (by definition provided from the CDC).
2. The positive student/staff & any other exposed students/staff will be sent home to isolate for 10-14 days.
3. Parents will only be notified if their student was directly exposed to the COVID-19 virus.

A Dream Center Student or Employee diagnosed with COVID-19 would not return to program until the following criteria is met:



- i. It has been 10 days since their diagnosis; and
- i. The employee/student is no longer experiencing symptoms