



Communicable Disease Plan: YMCA BC (Greater Vancouver region) – Child Care

Our YMCA has adopted the following principles to reduce the risk of communicable diseases (e.g. noro-like viruses, COVID, cold/flu) from spreading in our programs. To allow programs to run without interruption, everybody has to do their part.

Principles

1. Everyone is to self-monitor their health
 - Please do not come into a facility if you are experiencing new symptom(s) of illness, such as fever, vomiting, diarrhea, coughing, muscle aches, sore throat, etc. until they have been resolved in accordance with the guidance from the BC Centre for Disease Control bccdc.ca.
 - Please stay away until your symptoms are resolved AND you are feeling well, AND you are not subject to any public health isolation requirements (e.g. resulting from a positive test).
2. Personal hygiene
 - Regular hand washing/sanitizing, including after using the washroom or changing a diaper, doing cleaning activities or garbage removal, after sneezing into your hand, and before and after preparing food.
 - Cough/sneeze into your sleeve or a disposable tissue.
 - Follow routine practices for possible exposure to blood or body fluids.
3. Cleaning
 - Cleaning of shared surfaces is recommended once a day.
4. Get vaccinated
 - Follow the BC Centre for Disease Control recommendations for protection against any disease appropriate to your age, work, and personal circumstances.
5. Face coverings/masks
 - May still be worn by anyone older than 2 years of age, by choice.

We are continuing to limit parental access to most program areas.