

COVID-19 WORKING TOGETHER TO KEEP EVERYONE SAFE

Back Up Nanny Advice & Guidelines

As you are aware we review and update our practice to meet the ever changing situation we find ourselves facing with COVID -19, the government have released updates permitting Nannies to provide in home care for those families that require it.

We are eager to support and provide you work but first we need to ensure we are minimising risk by taking sensible safeguarding measures before, during and after care takes place to ensure the wellbeing of our Nannies and families. We have created the following guidelines and highlights on existing practices so that we can all work in partnership to Keep Everyone Safe.

Check if you have a temperature and/or any symptoms

If you or anyone in your household have developed any symptoms such as a new continuous cough, a high temperature of 37.8°C or more or a loss of, or change in, your normal sense of taste or smell (anosmia), you must inform your agency immediately and you must not go to the family home. You must remain home and refrain from providing any other care for 7 days (if you are unwell) or 14 days if someone in your household is experiencing symptoms. Please refer to the guidance in the link below.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Before care takes place

Introductory call to the parent

During your introductory call with the parent we recommend covering the following points:

- Will any adults be present during the booking, if yes discuss how you will maintain social distancing.
- What are both parties expectations around face masks? Best practice is detailed below but parental preference may be different with each booking.
- Confirm that you and the family have both been symptom free.
- Discuss child/ren's routines and activity ideas in depth to minimise face to face interactions during morning handover.
- If parents are not home who is the main contact in the case of emergency i.e. the child becomes unwell.
- Discuss where you can find essential items such as cleaning supplies, thermometer and first aid kit.
- Let the parent know you will reach out to them on the morning of the booking to check everyone is still well.

Check in with the family before leaving on the day of the booking

- Communication is vital, now more than ever! You should already have done your introduction call with the family and you must also contact them before you leave on the morning of care to check everyone is still well and no one is displaying any symptoms of COVID-19.

Avoid public transport where possible

- Only travel on public transport if there is no alternative (travel by car, bike or on foot instead). If you must use public transport then it is recommended that you wear a face mask/covering and follow social distancing guidelines where possible. (Refer to the end of this document for guidance on how to safely use face masks/coverings)

During the day

Practice good hygiene on arrival

- When you arrive at the family home dispose of your face mask/covering (or put away if using a reusable mask/covering) and immediately wash your hands with soap and water for at least 20 seconds. We also recommend if you have travelled via public transport to take a change of clothes to change into as soon as you arrive in the home.

Keep 2 metres apart

- To ensure social distancing there are to be no additional visitors to the family home, if there are other people in the house try to maintain 2 metres from them including parents/carers. If it is essential that you are temporarily within 2 metres of each other then try to position yourself side-to-side or back-to-back (rather than face-to-face) whenever possible.
- If there are deliveries, wait for the parcel to be put down and the delivery driver to step away before opening the door. Ensure you wash your hands after handling any deliveries (letters, parcels, shopping etc.).
- General outings are not permitted however with prior consent from the parent/guardian you are allowed and are encouraged to spend time outside, taking the child/ren for exercise local to their home i.e. a walk. You must not go to places where there is a public gathering and you must keep 2 metres from anyone else.
- It is recommended that you keep rooms well-ventilated, especially if you are unable to spend time outside. However **only** open a window if there is a window restrictor in place to stop a child from falling from a height. If it is safe to open a window please ensure children are dressed in weather appropriate clothing, with additional care and attention for young babies.
- If the parents are working from home, liaise with them to agree timings for when you and children will be able to use specific areas of the home i.e. the kitchen, to reduce the amount of people in one contained area.
- Identify busy areas across the household where people travel to, from or through, for example, stairs and corridors and minimise movement or prolonged amount of time spent within these areas.

Regular hand washing throughout the day

- Nannies and child/ren must wash their hands with soap for 20 seconds frequently throughout the day.

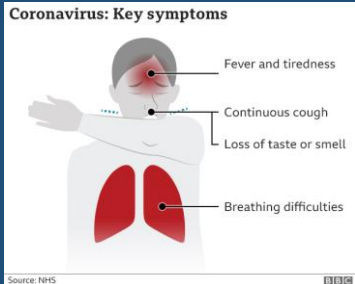
Examples such as:

- Before food and drink preparation and giving medication;
- After using the toilet;
- Before and after helping children with toileting;
- Before and after nappy changing;
- After contact with bodily fluids and blowing yours or a child's nose;
- After removal of Personal Protective Equipment (PPE).

Please take your own hand towel to the family home for drying your hands.

Contain any coughs/sneezes safely

- Nannies and child/children must be encouraged to cough or sneeze into a tissue or their elbow, put the tissue in the bin and wash their hands.



Coronavirus: Key symptoms

- Fever and tiredness
- Continuous cough
- Loss of taste or smell
- Breathing difficulties

Source: NHS

If you or someone you live with has a 'new, continuous' cough, a high temperature or a loss of, or change in, your normal sense of taste or smell (anosmia), you should all stay at home for 14 days.

Though a person who has had symptoms and is then clear after 7 days, that person can return to their normal routine.

Wear a face mask for intimate care

- We recommend wearing a face mask for intimate care such as nappy changes, administering first aid/medication or bottle feeding. (Refer to the end of this document for guidance on how to safely use face masks/coverings)

Encourage independence

- Where age appropriate, encourage children's independence (wiping own faces, dressing etc.) to maximise social distancing.

Regular cleaning

- Ensure you are regularly cleaning surfaces after use i.e. Tables, chairs, food prep areas (before & after), toilet seats where soiled/wet, potties after each use and changing mats/units.
- Where possible/safe leave internal doors open to minimise contact with door handles.

Contact your agency immediately if someone becomes unwell

Whilst at the family placement - If you or the child/children or anyone in the family household develop any symptoms such as a new continuous cough or a high temperature of 37.8°C or more, where possible you should try and limit any unnecessary contact with them, put on a face mask and inform your agency immediately. The agency will inform the family to return home as soon as possible or update the parents that you need to leave if they are already working from home.

If you become unwell with COVID-19 symptoms up to 14 days after a booking has taken place please inform your agency.

Wearing

Wearing a face covering is optional and is not required by law, including in the workplace. If you choose to wear one, it is important to:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on, and after removing it
- when wearing a face covering, avoid touching your face or face covering, as you could contaminate them with germs from your hands
- change your face covering if it becomes damp or if you've touched it
- continue to wash your hands regularly
- change and wash your face covering daily
- if the material is washable, wash in line with manufacturer's instructions. If it's not washable, dispose of it carefully in your usual waste

What we are asking our parents to do to keep you safe:

- Ensuring they notify us immediately so we can cancel care if any member of the household becomes unwell.
- We have asked parents to maintain a 2 metre distance from you where possible – no shaking hands, hugging or other physical contact when you arrive!
- We ask that they give you space to enter the home and direct you to the nearest bathroom to wash your hands and change before introductions and a handover is completed.
- Keep a high level of cleanliness in the home, ensuring frequently touched areas such as surfaces, sinks, taps, bannisters and door handles etc. are regularly cleaned.
- Ensuring there is sufficient supplies of hand wash and tissues in the home.