

Coronavirus (COVID-19) Early Care and Education Preparedness

While the novel coronavirus is a new disease, that we are learning more about each day, here are some helpful resources for you as you make plans.

How Does It Spread?

It is believed to spread mainly from person to person.

- When the infected person is close to others (within about 6 feet)
- When we cough or sneeze, and the droplets land on another person's face or they breathe them in
- When we touch a surface that has the virus on it, and we then touch our mouth, eyes, or nose.

What Can We Do?

- **Wash our hands with soap and water for at least 20 seconds, as often as possible.**
- Practice social distancing – no handshakes, keep 3-6 ft apart if possible.
- Avoid close contact with people who are sick
- Use hand sanitizer with at least 62% alcohol when we aren't in a place to wash our hands.
- Avoid touching our eyes, nose, and mouth
- Stay home when we are sick
- Clean and disinfect objects and surfaces

I'm a Director. How Do I Prepare my Center and Set Policies and Procedures?

Get information from reliable sources:

- [US Centers for Disease Control \(CDC\)](#)
- [Arkansas Department of Health](#)
- [CDC: Checklist for Teachers, Parents, and Administrators](#)
- [CDC: Guidance for School & Childcare](#)
- [Child Care Aware: Updates and Resources for Child Care Providers and CCR&Rs](#)
- [Caring for our Children standard: Cleaning, Sanitizing, and Disinfecting](#)
- [CDC: Cleaning & Disinfecting Schools](#)
- [CDC: Child Care and Preschool Pandemic Planning Checklist](#)

The situation is rapidly evolving. Check the CDC website and the Arkansas Department of Health frequently for updates.