



Anticipatory Guidance for COVID-19 Re-entry

While the risk of COVID-19 exposure remains high, the re-opening of the economy has posed many questions for parents regarding which activities are safe, which pose a higher risk and what is still off-limits altogether. Knowing these are difficult times, we have created this FAQ sheet to advise families on how to lower risks of exposure while keeping in mind financial, social and mental health needs. The CDC remains an excellent resource for specific guidelines during this ever-changing situation.

Is out-of-home childcare safe?

In general, smaller groups of the same cohort of children are going to be the safest. If at all possible, consider in-home options or a nanny/babysitter. If a larger center is necessary, ensure the facility is following current CDC guidelines in regards to sanitation practices, illness monitoring and class sizes.

Are sports activities ok to resume?

Indoor activities are still not recommended due to the inability to practice social distancing and increased exposure to potentially contaminated droplets. Outdoor activities are considered slightly lower risk if social distancing, frequent cleaning of equipment, hand sanitation and avoiding unnecessary group congregation can be achieved.

When Is It Ok to let my kids go back to activity centers, such as trampoline parks?

This is currently not recommended due to the inability to socially distance and maintain the frequent sanitation of equipment and hands that is necessary to reduce exposure.

Should my child attend community classes?

If small group sizes, frequent hand/equipment sanitation, social distancing and age-appropriate facial coverings are feasible, then this may be an option. However, consider virtual learning whenever possible.

Should I go back to the gym?

Exercise is an important part of coping with this pandemic. If outdoor activity is not feasible, particularly due to hot weather, things to consider would be the gym's policy on number of customers allowed inside the gym at one time and sanitation of equipment. In general, using public facilities such as showers, locker rooms and restrooms in addition to group classes will increase your risk of exposure.

Can I allow my family to swim in our community pool?

Outdoor chlorinated swimming pools likely pose a lower risk for exposure as long as social distancing, avoidance of group classes and avoiding shared equipment is possible. Consider bringing your own chairs and towels and try to avoid public restrooms and showers.

When can I allow my kids to participate in playdates again?

The key to slowing the spread of COVID-19 is to limit contact as much as possible. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household. This guidance continues to be updated and we recommend you stay up to date with the latest guidelines from the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html>

Can my kids play at the playground?

The CDC discourages using playgrounds due to the difficulty in frequent sanitation of equipment and young children touching surfaces, then their eyes, noses or mouths. If you do decide to visit a playground, go early in the day and try to avoid contact with other families. Sanitize hands frequently and avoid eating there.

Can my kids visit their grandparents?

Older individuals are still considered high-risk for contracting and becoming very ill from COVID-19. That being said, the mental health of your children and older family members remains concerning as we continue to socially distance from loved ones that don't live in our homes. If you do visit older family members, consider the risk your children pose to them, their health status as well as keeping in mind social distancing, age-appropriate facial coverings and frequent hand-washing whenever possible.



Should we start dining out again?

The lowest risk options for dining out are going to be drive-thru and delivery or curbside pick-up options. Higher risk options are outdoor seating with appropriately spaced tables. The highest risk to you and your family are indoor settings without appropriately spaced tables.

Is it safe to take my children shopping or the grocery store?

In general, indoor shopping spaces still pose a higher risk for COVID-19 exposure. If you must bring your children, ensure they wash their hands before and after visiting a store, wear age-appropriate facial coverings and socially distance themselves from others while there. This is often difficult for younger children to understand, especially if they enjoy touching everything in the store!

Can we attend faith-based gatherings in-person?

Many faith-based gatherings are resuming over the past several weeks. Most are still providing virtual options, particularly to their most vulnerable worshipers and attempting social distancing within the building, as well as providing multiple service options with smaller group sizes. Try to avoid larger congregations, hand-shaking/hugging others, group communion and child care settings.

Should I allow my children to attend summer camp?

Small groups of children from the same geographic location is the lowest risk as long as social distancing, frequent hand-washing and age-appropriate facial coverings are feasible. Avoid larger camps with groups of children from multiple geographic regions or activities/sleep arrangements that would increase your child's exposure.

What about school in the fall? What are some things to consider when allowing my child to return?

Classroom instruction will undoubtedly look different for the 2020-2021 academic year compared to previous years. Many districts are considering smaller class sizes, a combination of in-person and virtual learning and avoiding mixing groups of children that are not in the same class (i.e. - multi-class lunchtime, recess, specials). Staggered start and dismissal times as well as avoiding group congregation of parents or other kids that do not attend the school are also in consideration. Check with your specific district in regards to guidelines as well as the CDC's Parental Checklist for Schools and Childcare Programs at <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/checklist.html>.



When can I travel again?

There are currently still international travel restrictions in place due to the continued risk of exposure with any type of travel. In general, travel that does not allow social distancing, such as an airplane, train, bus or cruise ship are going to increase your risk of exposure. Travel also requires you to use public restrooms and dining options, which will also increase your risk of exposure. Staying home is the best way to protect yourself and others from getting sick. Try to avoid any unnecessary travel at this time. If you do need to travel, consider the risk of the location to which you are traveling, feasibility of social distancing during transit and at your destination, quarantine requirements once you arrive at your destination or return to your community, as well as the risk your travel may pose to high-risk family members or friends.