

# COVID-19

(Coronavirus)

PHASE  
2-4

## Nanny Guidance

Nannies, which work for one or more families in the family/ies' private homes, are not regulated by the Government of Bermuda therefore the below guidance is support for the families and nannies.

Each family and nanny/babysitter will need to make a risk based decision about whether to continue their care agreement.

Nanny-shares, where one care giver watches children from more than one household in either one of these family's homes are considered Day Care Providers and should refer to Guidelines for Day Care Providers.

### Protection

If you are a nanny or you are a family who chose to bring a nanny into your home to care for your children in your home, there are several actions you need to take immediately to protect yourself, your family and as a nanny to lower the risk of contracting COVID-19.

These include:

- Practicing safe, effective hygiene for the protection of the children, the family and the nanny
- If either you or the family have symptoms of COVID-19, then the nanny should not report to work, the family should remain at home and call respective doctors
- Be vigilant with temperatures

The general strategies that the United States' Centers for Disease Control and Prevention (CDC) and Bermuda's Ministry of Health recommend to prevent the spread of COVID-19 are the same strategies used in home care every day to detect and prevent the spread of other respiratory viruses like influenza.

During this period of uncertainty with changes and new restrictions being enforced on a daily basis, it is important to be vigilant with hygiene, regular hand washing, and sanitizing to prevent the spread of COVID-19, but also to ensure the mental and physical well-being of our children is maintained at all times no matter how worrying the situation is to us.

### Guidance

If the family and nanny are in good health, there is no reason not to continue having the nanny in the home.

Nannies or babysitters would ideally work for one family, but understanding the financial reality, the Ministry of Health recommends a maximum of two or three families.

The Ministry of Health recognize that families need assistance to be able to work whether from home or out of home, but the more homes a person enters, the more likely to spread COVID-19 or other germs.

Some items to consider:

- Do either the nanny or the family live with a person who is considered extremely clinically vulnerable and should be shielded? If so, persons from outside the household should not be entering home
- Masks must NOT be used for children under the age of 2 and should not be used for extended periods of time for children between 2 and 10-years-old.
- Take temperatures regularly of both the children and adults. If anyone has a fever, they should contact their doctor and nanny/babysitter should stop activity until cleared.
- Keep everyone updated and informed at all times especially if you work for several different families. The families and nanny must know this information and be prepared to share this with the Department of Health if necessary.
- Avoid Public play areas, parks and social gatherings where physical distancing cannot be maintained
- Avoid public transport as much as possible – for nannies coming to work and/or the children going out during the day

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### Follow Home Hygiene Advice

- Increase handwashing through-out the day for both the children and the nannies or babysitter.
- Frequently touched surfaces such as counters, tables, handles or door knobs, remote controls should be cleaned regularly.
- Increase ventilation in the home when possible or have the children outside where appropriate. Remember to be vigilant with the temperature.
- Clothes soiled by body fluids such as vomit or diarrhea should be disposed of with the family's consent. The nanny or babysitter should ensure they have a change of clothing each day.

### Practice Safe and Effective Personal Hygiene for the Nanny/Babysitter

- Thoroughly wash your hands in soapy water for 20 seconds on arrival and just before departure to each person's home you may be caring for.
- Wash your hands often and before preparing food, after using the toilet, or after handling soiled linens or tissues.
- If soap and water are not available then use hand sanitizer that contains at least 60% alcohol. Children should not use handsanitizer, it's too hard on their skin.
- Avoid touching your eyes, mouth, and nose.
- Cover sneezes or coughs with your sleeve or tissue. Dispose of soiled tissues in a plastic trash bag.
- Put distance between yourself and other people. This is especially important for the person you may be caring for, as older persons or those with chronic health conditions may be at higher risk.
- Masks are not necessary when caring for children without respiratory symptoms of acute illness.

### Symptoms?

If either the nanny or the family have symptoms of COVID-19 such as:

- 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

Then the nanny should not report to work. Both nanny and family should remain at home (keep away from other people) and call your doctor.

Visit: [www.gov.bm/coronavirus](http://www.gov.bm/coronavirus) for more information.

