

COVID- 19 Guidelines for Carer and Mentor Contacts with Children and Young People

Preparation for carer and mentoring contacts and in-home care support means:

- Make sure you are not experiencing any cold, flu or fever symptoms immediately prior to contact
- You or another person in your household have not returned from overseas or interstate in the last 14 days
- You or another person in your household have not been in contact with anyone who has the virus
- Equipment you are using and household surfaces that the child or young person may be in contact with are clean prior to contact
- Ensure you have a cleaning kit with you in the car (if transporting children and young people), and observe the COVID-19 Drill after car travel and outings
- You have checked ahead via phone that no one in the house or the child and young person has symptoms or been in contact with someone who has travelled from interstate or overseas in the last 14 days.

During the visit

- Be transparent about the COVID- 19 Drill, make it part of the visit. You are protecting children and young people from you as much as you from them
- Ensure everyone including yourself regularly wash hands or use the hand sanitizer
- Enact social distancing practice and sit 1.5 metres away from each other
- Coughing or sneezing into the elbow or tissue and disposing immediately in a bin
- Reuse the hand sanitizer/wash hands with children and young people after each contact with them
- Ensure these practices are used rigorously when preparing and sharing meals, food and drink.

Child/Young Person-Centred Practice

- Children and young people need their parents, carers and mentors to be available to comfort and reassure them about COVID –19
- Include children and young people in the drill in age-appropriate ways e.g. sing hand-washing songs and play social distancing demonstrations games
- Talk to the children and young people about sitting with their parent but at a distance from you
- Provide the child and young person appropriate posters or other age appropriate resources that describe the protocols
- If you are seeing the child at a school or other site for example think about how you will ensure social distancing and hygiene practices while at the appointment.

The COVID-19 Drill involves 4 steps:

1. Confirmation you or the child/young person and their family do not have cold, flu or fever symptoms and that you have not been overseas or interstate in the last 14 days.
2. Clean hands immediately before contact (with an alcohol sanitiser or soap and water)
3. Coughing or sneezing into the elbow or tissue during contact
4. Social distancing practices including sitting 1.5 metres or 4 square metres apart.

After you leave

- Wash your hands before you get in the car to leave
- Wash your hands thoroughly after you leave the car with soap and water before you eat any food.

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Car Cleaning Kits

It is recommended each car includes a cleaning kit comprising a mini spray bottle with a mix of detergent and water (5mls detergent to 100mls water), a disposable cloth and a paper bag.

Carers and mentors transporting children in their own vehicles should follow these instructions:

- Wash hands before driving the car
- Where practicable limit the number of passengers in vehicles to maintain safe distancing
- Spray cloth with detergent solution
- Wipe steering wheel, gear shift, door handle and handbrake before driving
- Wipe car key with damp cloth (not wet)
- Repeat when finished driving, cleaning anything you have touched
- Place disposable cloth in the paper bag and dispose of it in a bin
- Wash hands again