



A Note from our staff...

As our state begins to gradually open up, it is important to keep practicing ways to keep our families safe. Practicing physical distancing, hand washing and sanitizing are still as important as ever as more and more people are back to work and children are enrolling in summer programs and camps. We have provided some of the ways we will be practicing safety in a post Covid-19 community

Sincerely,
 Head Start Staff



Tips On Cleaning and Disinfecting Surfaces

1. Know the difference between cleaning, disinfecting and sanitizing
 - Cleaning removes germs
 - Disinfecting kills germs
 - Sanitizing lowers the number of germs
2. Clean and disinfect surfaces and objects that are touched often
3. Simply do routine cleaning and disinfecting
4. Clean and disinfect correct
 - Follow label directions on cleaning products
5. Use products safely
 - Pay close attention to hazard warnings on product labels
6. Handle waste properly

To access the whole article please visit:

<https://www.cdc.gov/flu/school/cleaning.htm>



Five steps to clean hands



1 Wet your hands with running lukewarm water.



2 Lather with soap by rubbing them together.



3 Scrub for at least 20 seconds



In between your fingers



Rubbing palm to palm

Don't forget your thumbs



4 Rinse well under clean, running water



5 Dry your hands using a clean towel



Be Careful of Too Much Sun Exposure

The [National Program for Playground Safety](#) reports that only 3% of public playgrounds assessed had full sun protection from 10 a.m. to 2 p.m., peak exposure hours, while 30% had partial shade. The remaining 67% of public playgrounds were exposed to full sun during the peak hours.

- Limit playtime at peak sun exposure time and familiarize yourself with the signs of [heat illnesses](#)
- Avoid burns; if playground equipment is hot to the touch, it is too hot for your child's bare skin

Safe and Healthy Feet

Your feet and ankles support 2-3 times your body weight with each step. It is very important to keep feet, toes and toenails healthy. Feet tend to get bigger as you get older. By age 45, your feet may be a whole size bigger than when you were 20. For children 2-3 years old the foot grows about 1/2 size every 3-4 months; after age 3 years old about 1/2 size every 4-6 months. The best time to measure the feet is at the end of the day & while standing up.

Resources to Help Children Understand the Importance of Safety in Our Community

Click on the images below to access each resource

Social Story about wearing masks



Handwashing Song



Sesame Street Song: Heroes in Your Neighborhood



Social Story about school closures



MERIDEN YMCA Mountain Mist Day Camp Scholarship

For boys and girls ages 3-16. Sessions are 2 weeks, Monday through Friday from 9:00am to 3:00pm. The last Friday is a half day.

*Activities include sports, nature study, arts and crafts, water slide, archery, climbing tower, hiking, all set on 67 acres. Weekly special events are held and there are several specialty camps offered.

*EXTRA COST: \$60 per camper due at time of registration for Traditional Camp if you qualify for the Camp Scholarship based on family income. Limited slots. Extended hours available – 6:30am for before camp, after camp ends at 5:30pm.

Contact your Family Advocate or teacher for more information.

Reach out to your child's teachers, classrooms and classroom advocates below!

Ms. [Kim](#) and Ms. [Carol](#) in [Classroom 1am](#)
Ms. [Johnnie](#) in [Classroom 1pm](#)
Ms. [Christa](#) and Ms. [Gloria](#) in [Classroom 2](#)
Ms. [Sheree](#) and Ms. [Maria](#) in [Classroom 3](#)
Ms. [Maria](#) in [Classroom 4](#)
Ms. [Antoinette](#) and Ms. [Kelly](#) in [Classroom 5am](#)
Ms. [Latrechia](#) and Ms. [Veronica](#) in [Classroom 5pm](#)
Ms. [Hayyam](#) in [Classroom 6](#)
Ms. [Adela](#) and Ms. [Chickie](#) in [Classroom 7](#)
Ms. [Ivy](#) and Ms. [Keyra](#) at [Maloney](#)

Mayra - mcolon@meridenymca.org
Yamilette - yfino@meridenymca.org
Matt - mholmes@meridenymca.org
Patti S - pscorel@meridenymca.org
Natasha - nsantana@meridenymca.org

Visit the Meriden Y website meridenymca.org to access the latest info on programs and virtual classes for you, your friends and family



Cloth Face Covering Do's & Don'ts:

DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers

