

A healthy snack will be served during your visit.

No outside food or drink will be allowed into the Centre.

- ⇒ Except for food for infants/children who do not eat solids.
- ⇒ In this case, the caregiver is the only one who can handle the food for the infant/child/children.
- ⇒ Parents will be encouraged to bring their own water bottles for their families to offsite activities.

- ◆ Family visits and outdoor programs are what we can offer due to space restrictions and gathering limits as outlined in the public health measures at this time.

When/if restrictions change, we will update our policy.

- ◆ We know some of you have been seeing other families as part of your personal bubble, however, when attending programs or visits we are unable to support that .



The South Shore Family Resource Association is following the Public Health Measures to keep everyone safe so we can be together.



Physical distancing between participants and staff must always be maintained.



Participants will be asked to wash their hands or use hand sanitizer before entering the program area/Centre.



Masks must be worn by participants into the Centre until they reach the program/visit area. Then they can be removed if physical distancing can be done. If you do not have a mask one will be provided for you.

- Children under two are exempt as well as children between ages 2-4 if they will not cooperate and wear a mask for their caregiver.
- Once the family reaches the program area, they may take off their masks if they choose to.
- Program Facilitators are required to wear their mask during the program/appointment.



Participants will be asked to use the washroom identified for visitors at each Centre



Participants will be asked to follow proper respiratory etiquette by sneezing or coughing into the crux of your elbow or a Kleenex. Hand sanitizer must be used immediately after each case and after discarding the Kleenex.

Revised August 2020



The Family Centre



We are looking forward to seeing you!

Families/Participants will be able to register for a visit or an Inside/Outside Program (weather permitting)

Public Health Measures to keep families and staff safe are:

- ⇒ Screening for COVID symptoms
- ⇒ Physical Distancing protocols
- ⇒ Hand washing protocols
- ⇒ Mask protocols
- ⇒ Gathering restrictions will be followed.
- ⇒ Cleaning and sanitizing of Centre's.

We are unable to support drop-in visits at this time.

Please call 902-245-2300 to book your visit.

Space will be limited due to physical distancing and social gathering restrictions.



When participants call to register for a visit or program, they will be asked the following questions:

- ◆ Name and current phone number (in case of contact tracing by Public Health)
- ◆ In the past 48 hours have you had, or are you currently experiencing:
- ◆ Fever OR cough (new or worsening) or two or more of the following symptoms (new or worsening):
- ◆ Sore throat
- ◆ Runny Nose
- ◆ Headache
- ◆ Shortness of breath

If you answer yes to two of these questions, please stay home and call 811 for further assessment by a nurse.

1. In the last 14 days, have you travelled outside Atlantic Canada? If you answered yes you are required by law to self-isolate for 14 days upon return to Atlantic Canada.
2. In the last 14 days, have you had close contact (2 meters/6 feet) with someone confirmed to have COVID-19? If yes you must stay home. You are required by law to self-isolate if you have been identified as a close contact of someone with COVID-19. If you haven't spoken with Public Health or been tested, you should contact 811 to be screened for testing for COVID-19.
3. Are you waiting for results from a COVID-19? If yes, stay home. You are required by law to self-isolate while awaiting COVID-19 test result. Please follow instructions given by Public Health.

For the safety of other families and our staff please do not participate if you or someone in your household is feeling ill. We would ask that you reschedule your appointment after symptoms have disappeared. If you are unsure of your symptoms please call 811.



Non Medical mask should not be placed on children under the age of 2 years.

The risk of suffocation is greater than the risk of getting Covid-19.

**The Family Centre
1 Birch St.,
Digby, NS
B0V 1A0**

Phone: (902)245-2300

FAX: (902)245-2311

General Inquiries E-mail us at:
thefamilycentre1@bellaliant.com

Facebook: [The Family Centre](#)

Growing happy, healthy families

Human coronaviruses are most commonly spread from an infected person through:

coughs, sneezes, when talking; close, prolonged personal contact; and touching an infected area, then touching mouth, nose or eyes before washing hands.

Preventing the spread of the Coronavirus:

- Centres will be cleaned and sanitized before and after every family visits.
- Staff will wear masks during visits/programming and maintain physical distancing.
- Participants will be required to wear a mask when entering and moving through the centre.

Toys

- Please do not bring toys in to the Centre
- Clean and sanitized toys will be provided to play

Should a case of COVID-19 be linked to one of our Centres, the Department of Health will notify those affected or those who may have been exposed. The Department of Health will develop next steps and the family resource Centre will cooperate fully!