

Name of the Pandemic Pod

Guiding Principles

***PLEASE NOTE:** This is a sample resource with public health principles. It is not legal or official health guidance, and we acknowledge that these suggestions may not be feasible for all.

Members:

Names of parents and kids

Goals:

Examples:

- 1) Provide daily structure and socialization for kids
- 2) Reduce kid oversight burdens for each household
- 3) Provide face-to-face learning opportunities with an educator

Guiding principle:

Example:

Since every close contact with those outside the pod increases the risk of COVID-19 infection for the adults and children in the whole pod, we agree to

- limit close interactions with others outside of this pod
- notify the families of this pod if anyone in our household becomes ill or is exposed to COVID-19
- wear masks both indoors when not at home, and outdoors when in close proximity to others

Specific principles:

Examples:

- Pod members agree to restrict engagement with other individuals outside the pod, including social engagements.
- Trips to stores, dining at restaurants, etc., should be minimized or done outdoors as much as possible, with the recognition that things such as doctor's and dentist's visits are still necessary and important.
- Any interactions with individuals outside the pod should be conducted outside, and ideally with 6' physical distance.
- When interacting with others outside the pod, masks should be worn whenever possible.
- After engaging in close contact with people outside the pod—such as through air travel or visiting friends—members agree to quarantine and watch for symptoms for at least 5 days after the last interaction/before re-engaging with the pod.
- There will be open communication about activities, questions about what seems reasonable, and sharing of information regarding potential risks and exposures.
- If any member of the pod has a known exposure to COVID-19, that member and their family should quarantine. If that member becomes symptomatic or has a positive test, all members of the pod should quarantine for 14 days after the last known exposure.
- If any member of the pod has a positive COVID-19 test, that individual should be isolated with minimal interaction with others (of course taking into account the fact that a kid and/or a single parent cannot be fully isolated). All members of the pod need to quarantine for 14 days after their last contact with the sick individual.
- Each family will develop their plan for how to access COVID-19 testing in case it becomes needed. Members of the pod should seek a test if they become symptomatic or have a known exposure to a positive case.

These principles can of course be reassessed, especially as COVID-19 community transmission and pharmaceutical and non-pharmaceutical prevention and treatment evolves.

Schedule:

Example: Kids rotating across the 3 houses each afternoon from 2-6 p.m. for play, homework, and enrichment.

- Add detail about homework guidelines
- Add detail about enrichment guidelines

Resources

Helpful articles:

- <https://www.nytimes.com/2020/06/09/parenting/coronavirus-pod-family.html>
<https://www.cnn.com/2020/04/30/health/how-to-form-a-bubble-wellness/index.html>

CDC links:

- Quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>