



COVID-19 Child Care Health and Safety Guidance for Families

Breena Holmes, MD

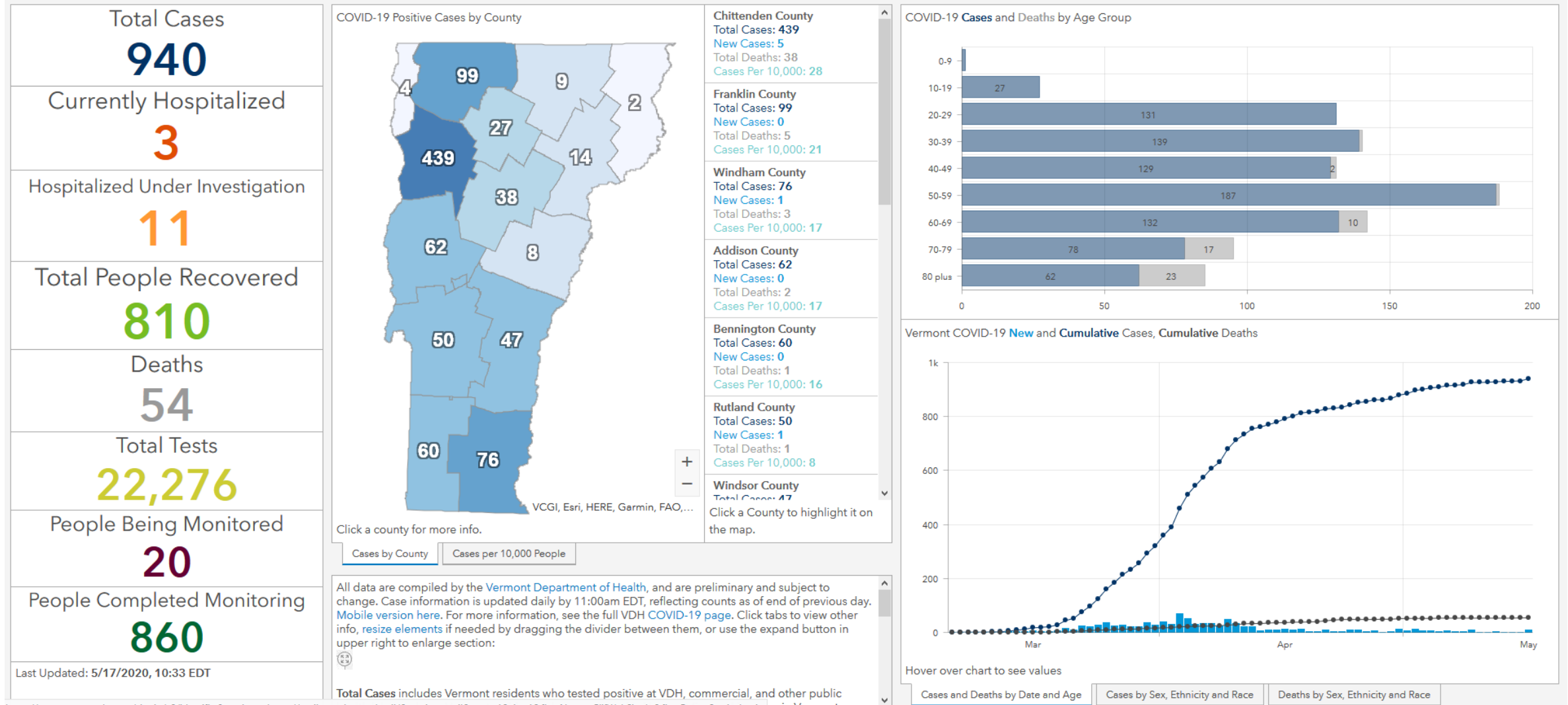
Maternal and Child Health Director

May 18, 2020



COVID-19 in Vermont New Data Dashboard Situational Awareness

healthvermont.gov/covid





Important note:

The COVID-19 situation continues to evolve very rapidly – so the information we are providing today may change quickly

COVID-19 Recovery: A Phased Approach

Phase I (current)

- Slow the Spread

Phase II

- State-by-State Reopening

Phase III

- Establish Immune Protection and Lift Physical Distancing

Phase IV

- Rebuild Our Readiness for the Next Pandemic

Trigger for Moving to Phase II

A state can safely proceed to Phase II when it has achieved all the following:

- A sustained reduction in cases for at least 14 days,
- Hospitals in the state are safely able to treat all patients requiring hospitalization without resorting to crisis standards of care
- The state is able to test all people with COVID-19 symptoms, **and**
- The state is able to conduct active monitoring of confirmed cases and their contacts

Phase II: Reopen, State by State

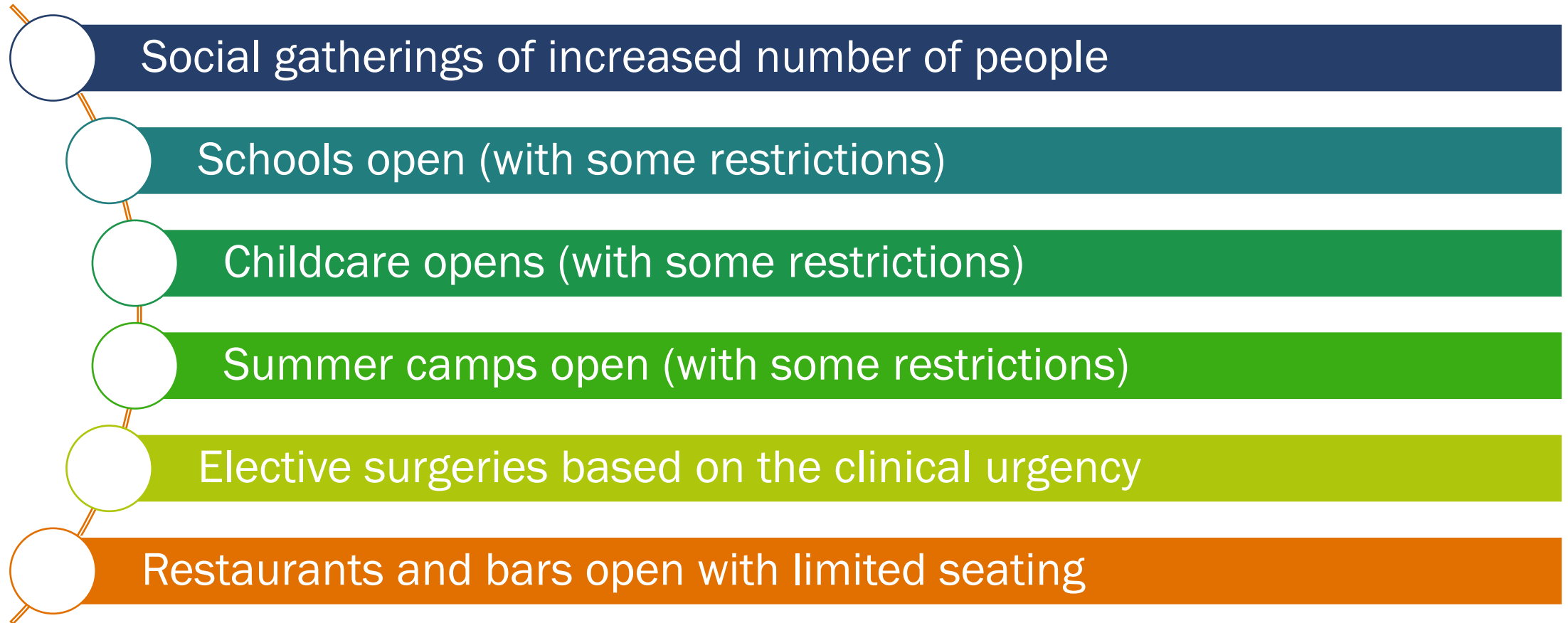
Goals

1. Lift strict physical distancing measures in a concerted and careful fashion,
2. Allow the vast majority of businesses and schools to open, and
3. Continue to control SARS-CoV-2 transmission so we do not revert back to Phase I.

Steps Required

1. Implement case-based interventions (isolation, contact tracing)
2. Begin to relax physical distancing measures (maintain telework, facial coverings, hand hygiene/disinfecting)
3. Special care for vulnerable populations (continued physical distancing)
4. Accelerate the development of therapeutics
5. Identify those who are immune

Phase II May Include..



Trigger for Moving into Phase III

Once a vaccine has been developed, has been tested for safety and efficacy, and receives FDA emergency use authorization, states can move to Phase III.

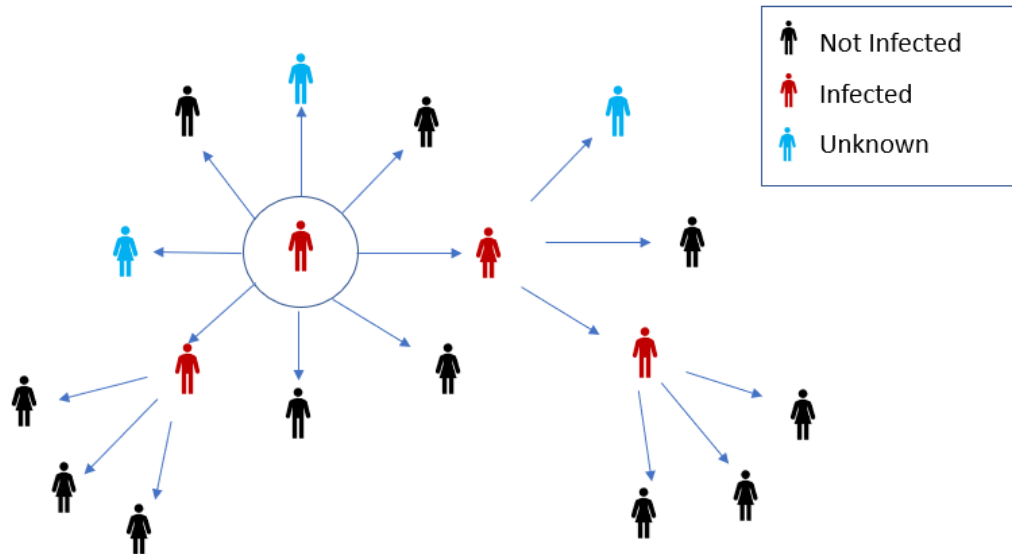
Vermont's Current Testing Approach

Ramping up testing capabilities to conduct **1,000 tests a day**

As of now, expanded testing for:

- Long-term care facilities and other group living settings, including universal retesting
- Health care personnel: Testing for personnel with COVID-19 exposure, but asymptomatic
- Correctional facilities: regardless if there has been a positive test
- Expanded testing for health care and home health workers who have had direct contact with positive case
- Consider testing those in quarantine due to possible exposure
- Increase opportunities for childcare providers to be tested

Contact Tracing



Interview index patients

- Establish day 0 of infection
- Get contacts and places from two days prior to day zero to present
- Assesses level of risk for contacts

Identify contacts

- Contact Medium and High-risk contacts
- Promote Isolation and Quarantine
- Ask if they are symptomatic

Link symptomatic contacts to testing

Multisystem Inflammatory Syndrome in Children (MIS-C) Associated with Coronavirus Disease 2019 (COVID-19)

- An extremely rare syndrome both worldwide and, in the U.S.
- We are also fortunate that most children with this syndrome have responded well to supportive treatment.
- The CDC recently set a case definition for this syndrome allowing it to be tracked worldwide in a standardized way.
- Vermont has not had any cases but is ready to put the pieces together if there is a child with these symptoms.

Health Guidance for Childcare and Schools Providing Childcare for Essential Persons (Revised April 5, 2020)

For childcare facilities that remain open and for schools providing childcare, it is crucial to minimize the risks of spreading coronavirus. The following guidance is designed to help maintain health and safety standards and social distancing directives while providing a much needed childcare service.

This document serves as a supplement to Agency of Education guidance: [Supporting the Childcare Needs of Essential Persons During a Novel Coronavirus Outbreak Guidance to Schools and Childcare Programs](#)

Exclude children, staff, parents and guardians from sites if they are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, or are at high risk due to underlying health conditions.

NEW It is recommended that all staff wear cloth face coverings while providing care. CDC recommends cloth face coverings in settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission. Adults doing drop-off and pick-up are also encouraged to wear cloth face coverings. Instructions for wearing and making cloth face coverings can be found on the [CDC website](#).

Table of Contents

Staff and Childcare Providers	2
All Individuals: Close Contact	2
Drop-Off and Pick-Up	3
Health Screening	3
Children Attending Care	4
COVID Cases in Care	4
Social Distancing Strategies: Class Size, Napping	5
Healthy Hand Hygiene Behavior	6
Cleaning & Disinfecting, including toys & bedding	6
Caring for Infants and Toddlers	7
Food Preparation and Meal Service	8
Health Questions Resource for Childcare Services	8
Resources	8
Additional Strategies	9

Updated Guidance: Health Guidance for Childcare Programs, Summer programs and Afterschool programs

:: healthvermont.gov/response/coronavirus-covid-19/schools-and-child-care-programs ::

What Parents Can Expect :: Exclusions

- The following children and staff will be **EXCLUDED** from care:
 - Showing symptoms of COVID-19
 - Have been in close contact with someone with COVID-19 in the last 14 days
 - Have been tested and are awaiting results
 - At high risk due to underlying health conditions
- If **symptoms begin** while at the childcare, summer, or afterschool program, the child **WILL BE sent home** as soon as possible
- Individuals with a **temperature greater than 100.4 F will be sent home** until they have had no fever for 72 hours without the use of fever-reducing medications (e.g., Advil, Tylenol)

What parents can expect :: Exclusions & Inclusions

Please keep your child home for the following reasons:

- A cough, fever, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell
- Fever (temperature higher than 100.4 degrees)
- Severe sore throat that lasts more than 48 hours, especially with a fever
- A significant rash, particularly when other symptoms are present
- Large amounts of discolored nasal discharge
- Severe ear pain
- Uncontrolled cough
- Diarrhea
- Severe headache, especially with a fever

Who may attend – all settings:

- Children and staff with allergy symptoms, and no fever, that cause coughing and *clear runny nose* may stay if they have medically diagnosed allergies and follow any medical treatment plans
- Children who are well and have well-controlled, mild asthma may attend

**We want to stay open and
provide a safe, healthy, and fun place
to grow, learn, and play!**

What Parents Can Expect :: Arrival/Departure



- **Daily Health Check** for the **children** attending childcare and **staff**
 - Screening questions: contact with COVID-19 case and symptoms
 - Temperature check
- New **drop-off** and **pick-up** protocols
 - Staggered arrival
 - Same parent or designated person
- **Handwashing upon entry**

What Parents Can Expect :: During the Day

1. **Staff** will be wearing **cloth facial coverings all day**
2. **Frequent thorough cleaning** each day
3. Small groups of **no more than 25 individuals** per classroom—staff and children
4. Programs may maintain operations up to the total occupancy limits for their programs, as long as children are separated into classrooms and do not share common places
5. Absolutely **no large group activities**
6. **No outside visitors and volunteers**

New VOSHA regulations:

All common spaces and equipment, including bathrooms, frequently touched surfaces and doors, tools and equipment, and vehicles must be cleaned and disinfected at the beginning, middle and end of each shift and, when possible, prior to transfer from one person to another.

What Parents Can Expect :: Additional Guidance

- Staff should remain with the same group each day
- Frequent handwashing with soap and water for at least 20 seconds
- Resting children will be placed head- to-toe
- Toys that cannot be cleaned and sanitized should not be used
- Detailed guidance for
 - Cleaning & Disinfecting
 - Caring for Infants and Toddlers
 - Food Preparation and Meal Service



Health Guidance: Cloth Facial Coverings for Children

Cloth Facial Coverings and children: **recommended not required**



No cloth facial coverings for children under 2-years-old

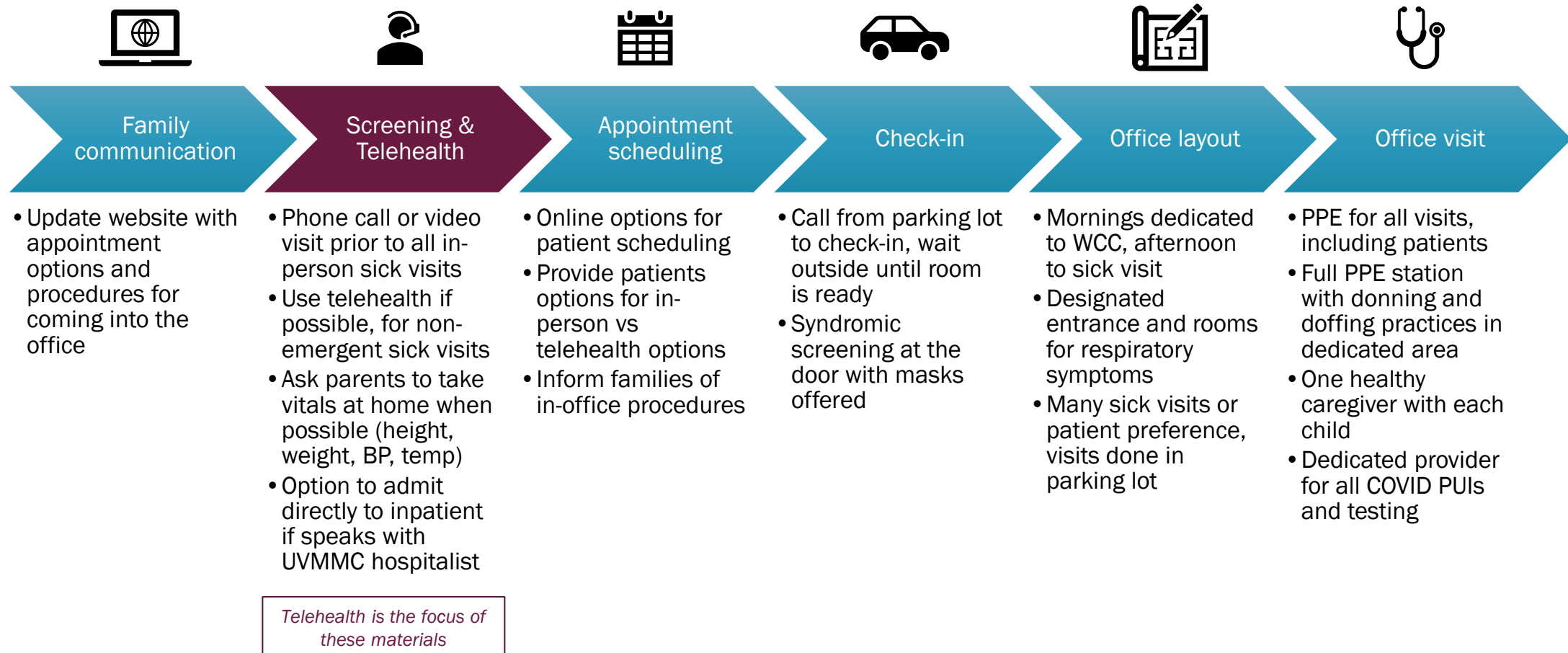
Encourage children to join all of the adults around them to prevent spread of germs

It is developmentally appropriate for children when children can properly put on, take off, and not touch or suck on the covering.

Children who have a medical reason for not wearing a cloth facial covering must not be required to wear one

- Good resource from American Academy of Pediatrics: [Healthychildren.org](https://www.healthychildren.org)

What Vermont Practices are doing for during COVID-19



Help Me Grow Creates a Reliable Grid of Resources

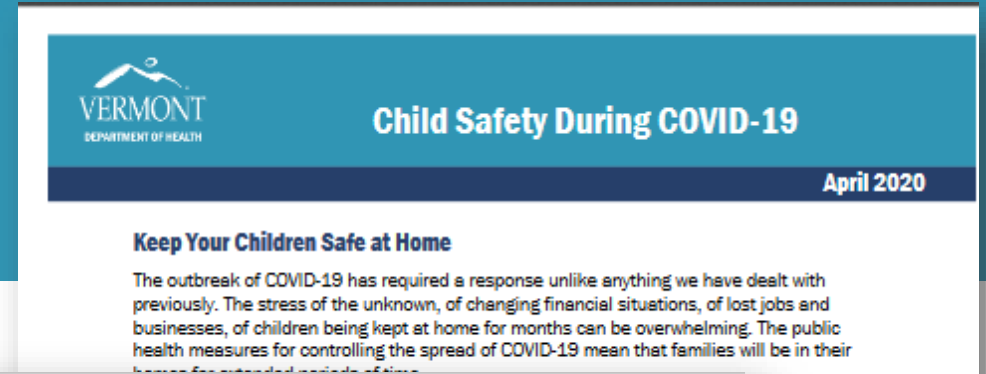
- Help Me Grow offers a resource hub that helps connect children and their families to local resources and services
- Providers wanting to refer a family directly to resources themselves can call HMG staff to get the latest information on food resources, mental health services and support groups, and more

Dial **2-1-1 ext. 6**, text **HMGVT** to **898211**, or refer at helpmegrowvt.org/form/referral-form



Health Department Resources for Children and Families

- Coping with Family Stress
- Child Safety
- Suicide Prevention
- Domestic & Sexual Violence Prevention



Child Safety during COVID-19

The COVID-19 pandemic has quickly changed our lives, and the resulting uncertainty is stressful for all families. Parents worry about unstable finances, lost jobs and lower income. Everyone is worried about their health and we are all working hard to change behavior to avoid catching the virus.

This means that schools and many childcares are closed, and families are together for long periods of time in a way that is very different from their usual schedules. While family time can be fun and enjoyable, the stress can overcome parents and caregivers, and relationships can become strained.

During this time, children may show signs of increased stress, which can impact the entire family. Research has found that when families are stressed, children are at an increased risk of being abused. Research also shows that just being in the presence of a compassionate, safe adult can help kids calm down. Managing your own stress will help your child manage their stress.

To get support for yourself and your family dial 2-1-1 ext. 8 or text HMQVT to 888211. Child development specialists at [Help Me Grow](#) can connect your family to critical resources and help you support your child's development and resiliency, especially now.

If you suspect that a child is being abused or neglected, please contact the Vermont Department for Children and Families at 1-800-848-5285. If a child is in immediate danger, call 911 or the local police first.

Tips for Families at Home

The Governor issued a "Stay Home Stay Safe Executive Order," which means that Vermonters are directed to stay at home and leave only for essential reasons such as: personal safety; groceries, medicine or medical care; exercise and work. Here are some tips and resources for managing the stress.

Outline Daily Routines in Writing

- Create a realistic schedule for yourself and children. Routine and structure are calming during times of stress.
- Identify a goal for each day and then break it down into tasks (steps).

These times can be challenging. The Vermont Department of Health is working to help families manage the stress of staying at home.

and abilities

and pieces of

and make sure

to prevent tip

ers, cooking on
w cookers to

a baby to sleep
ther toys or
hopping and at

ured out of sight

aded, with the

are kept in the
pens.



ALERTS

CORONAVIRUS (COVID-19)

DISEASE OUTBREAKS

ENVIRONMENTAL
CONTAMINATION

OPIOIDS

SAFE NEEDLE DISPOSAL IN
VERMONT

PLANS & REPORTS

CONTACT:

Department of Health
108 Cherry Street
Burlington, VT 05402

FREQUENTLY ASKED QUESTIONS



SEE ALL FREQUENTLY ASKED QUESTIONS

ASK THE CHAT BOT

Type your question about **COVID-19 in Vermont** in the space below. This will start an automated search to find you an answer.

Type your message

Your question is not answered by a person. The response is from an automated chat bot.

CALL US

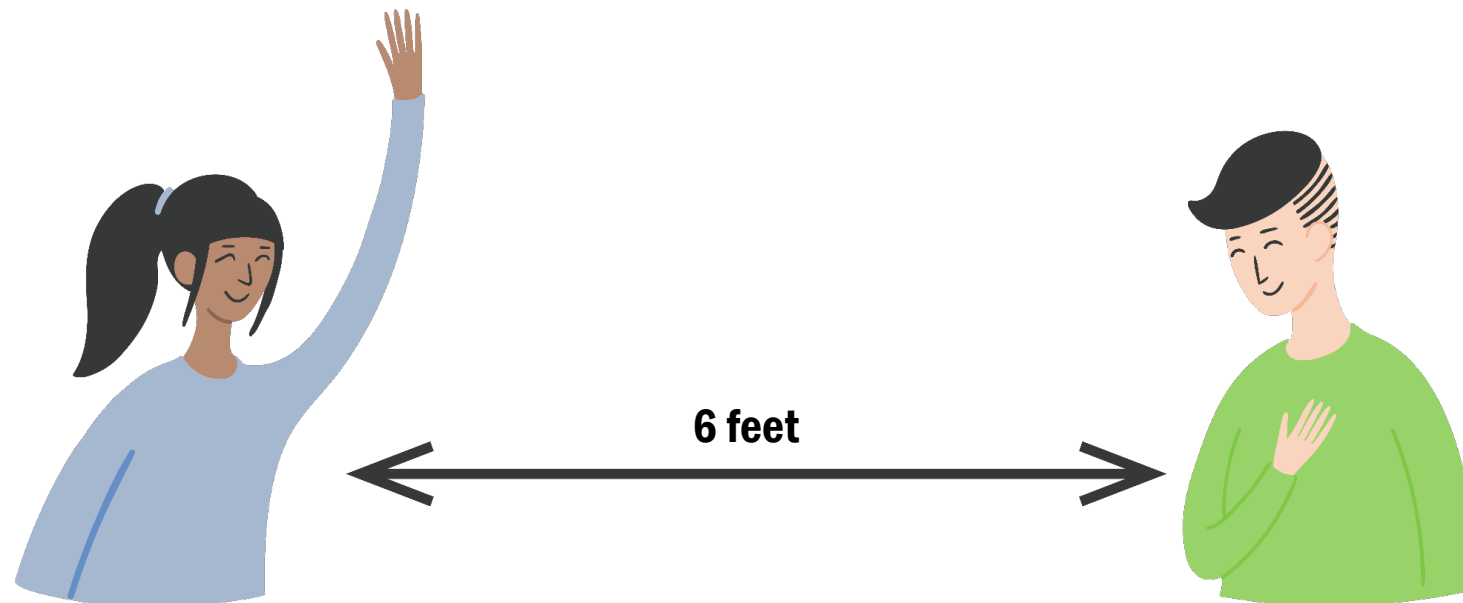
Call the Health Department at **802-863-7240**. We're ready to respond to COVID-19 health-related questions. Call answered Monday - Friday 8 a.m. - 6 p.m., Saturday and Sunday 10 a.m. - 3 p.m. Outside those hours, leave a message and your call will be returned.

Physical NOT Social Distancing

Stay 6 feet apart = Safe Physical Distance.

Social Engagement is **IMPORTANT!!**

Let's keep physically distant AND socially engaged!







Thank you!

Let's stay in touch.

Email: Breena.Holmes@vermont.gov

Web: www.healthvermont.gov

Social: [@healthvermont](https://twitter.com/healthvermont)

Resources for More Information

Health Guidance for Health and Safety for Child Care Programs, Summer Programs, and After School Programs

<https://www.healthvermont.gov/sites/default/files/documents/pdf/Health-Guidance-for-Childcare-Afterschool-Summer-Programs.pdf>

Let's Grow Kids COVID-19 Information and Resources for Families

https://www.letsgrowkids.org/client_media/files/pdf/LGK%20COVID-19%20ResourcesForFamilies5-12.pdf

Building Bright Futures Early Childhood COVID-19 Response

<https://buildingbrightfutures.org/covid-19/>

Help Me Grow Resource Center /211

<https://helpmegrowvt.org/>