# Opportunity to Ask Questions and Discussion for VT COVID 19 Response

VT Early Childhood Programs Leaders, Vermont Department of Health and Let's Grow Kids





## Agenda

Welcome: Chris Nelson and Brenda Metzler from LGK

Updates from Vermont Department of Health, Division of Maternal and Child Health: Sally Kerschner and Sharonlee Trefry

**Questions and Discussion** 





## **Housekeeping Details**

For best sound quality, all participants are muted

Your questions are welcome.

Please use the Q&A Box to add questions for the panel





## Setting the stage: Things change quickly!

#### Introductions

Public meeting – priority airtime to the childcare providers

In case we run out of time: call our warmline any time.

How many programs serve school age children?

Do you use texting or phone calls as your personal way of communicating?

- Areas/counties of the state are represented?

Mark you.

A great many thanks for all you are doing on behalf of children and families in these complex and uncertain times.

Vermont Department of Health 5

#### Latest Guidance and Resources

- Strong & Healthy Start -11/16
- Child Care guidance
- Quarantine For Any but Essential

- Status on <u>disease outbreaks</u>
- COVID-19 Positivity Rate





#### Summary

- Guidance and third wave in VT?
- Can we have a summary of cases to date in childcare example XX close contacts and YY classrooms/schools had to shut down for 14?? days; of COVID cases AA% children and BB% staff.
- This just gives an overview to any extent happening.





#### HOLIDAYS!

- Celebrating **Thanksgiving**
- Travel: Info & Guidance



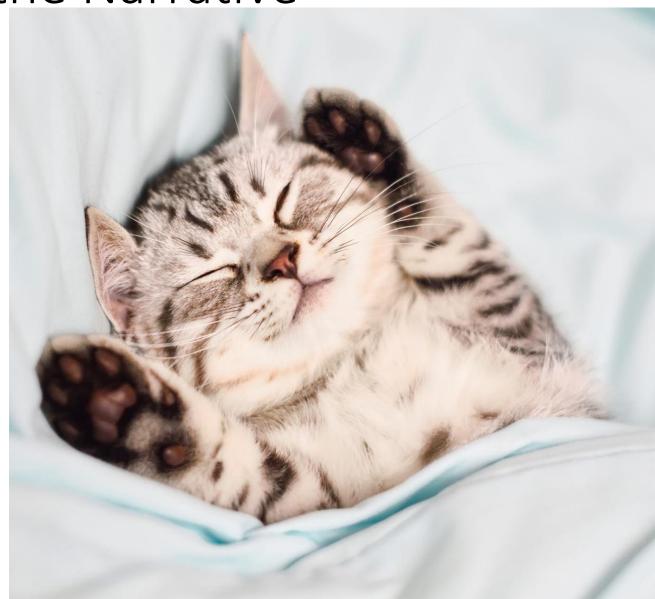


Resilience: Reframing the Narrative

#### This stuff is d... hard!

- Kind Intention
- 2-minute rule
- Doorknob Gratitude
- c/o Drs. Feldman and Wilcox adapted from Dr. A.Sood





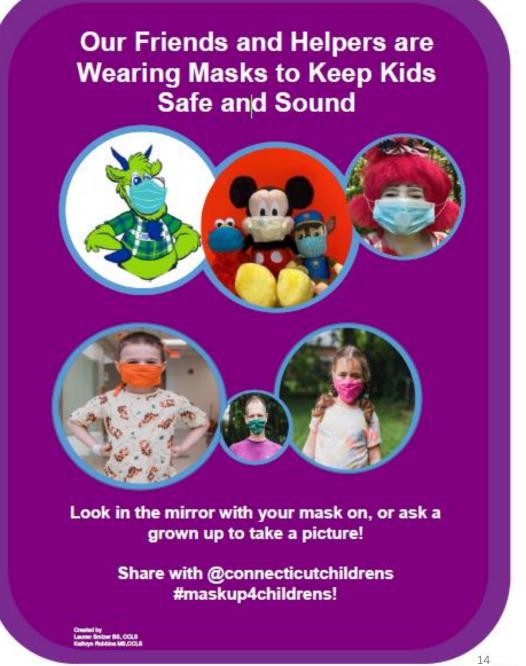
## Question & Answer





#### Fun! Masking

 https://www.connecticutchildrens.org/wpcontent/uploads/2020/06/mask-mirror-FINAL.pdf



## Algorithm – Return to Care

When to exclude and when to return.

Cough (new)	If your child has <b>ANY ONE</b> of these symptoms, they likely <b>need a COVID-19 test.</b> • Call your child's healthcare provider for medical advice and possible office visit or referral to be tested.  • Communicate the plan with your child's program director or family child care provider.
Shortness of breath or difficulty breathing	
Loss of taste (new)	
Loss of smell (new)	
Fever alone that persists > 24 hours (temperature higher than 100.4°)	
Fever (temperature higher than 100.4°)	If your child has <b>TWO OR MORE</b> of these symptoms, they <b>MIGHT need a COVID-19 test</b> .
Chills	<ul> <li>Call your child's healthcare provider for medical advice and possible office visit to determine what to do next.</li> <li>Communicate the plan with your child's program director or family child care provider.</li> <li>If your child has <b>ONLY ONE</b> of these symptoms, keep your child at home until: <ul> <li>They have had no fever for at least 24 hours without the use of fever-reducing medicine.</li> <li>They have felt better for at least 24 hours (symptoms are improved or gone).</li> </ul> </li> </ul>
Muscle or body aches	
Headache	
Sore throat	
Fatigue	
Congestion or runny nose (new)	
Nausea or vomiting	
Diarrhea	

The gap around 'runny nose' between what childcare guidance is following versus what pediatricians are telling parents about being able to return to childcare with a runny nose?

- & Coughs and allergies/asthma during cold season and cold weather drop-offs: better safe than sorry?
- How long before pulling the plug on a kid's attendance if there is no substantial improvement? Minutes? Hours? Days?
- And what does 'better/improved' really mean? Prefer 'resolved/gone' when the risk is high.





### **Contact Tracing**

- How long should we expect that the contact tracing process will take from all of the close contacts and knowing what is expected?
- What is that process?
- Do we exclude until we hear one way or another?
- VERMONT DEPARTMENT OF HEALTH

- Continuous vs. Cumulative
- Transparency around cases in childcares? (HIPPA-friendly, of course). It makes those of us following guidelines stringently look like complete nutters and is not at all helpful in conversations with families that attend our programs.





**Funding** for early learning and care providers to upgrade their facilities for Covid-safety, particularly around **ventilation?** A recent estimate of what it would cost to make our air quality align with the CDC guidelines for public schools: \$30,000 for a center. -- **The goal is to make improvements**.

**Temperature checks outside** programs in the cold weather and how to handle that have come up. **Indoor or Sheltered Spaces** 

**Spending more time inside with the children**, and how to best keep children and staff healthy with less outside time – **Group ideas**?

**Let's talk surveillance testing for K-12**; can this be extended to cc programs. Could we join the school at the same time testing is being offered in a town school system? **Yes, let's talk surveillance.** 



## More on Contact Tracing

Here are three different visual timelines to the contact tracing section of our website that show important dates for cases and close contacts:

Timeline for people who test positive and have symptoms

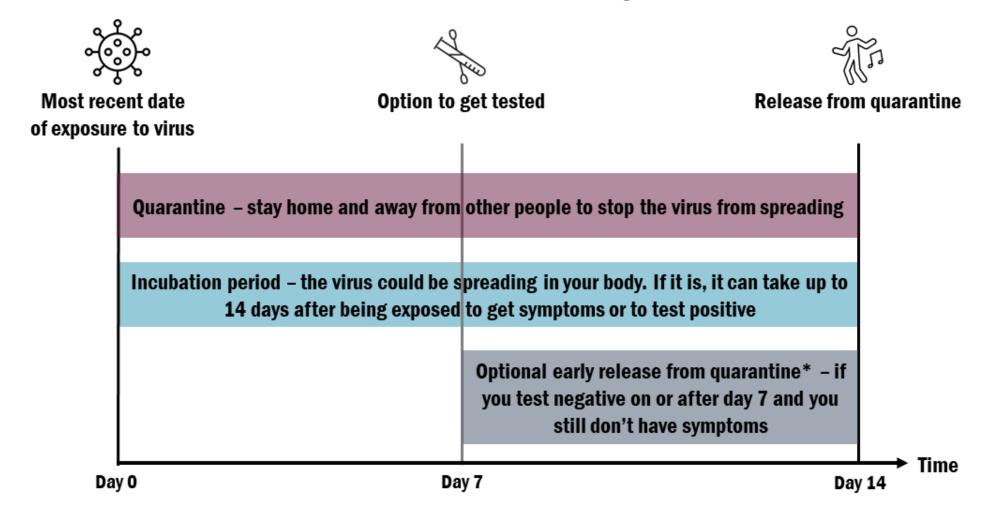
Timeline for people who test positive but do not have symptoms

Timeline for people who are close contacts with someone who has tested positive





#### Timeline for Close Contacts of People with COVID-19



<sup>\*</sup>Some people are not eligible for this option, such as staff and residents in certain group living settings.

Learn more at healthvermont.gov/contact-tracing



#### Take Care of Your Emotional and Mental Health

If you or someone you know is in crisis or needs emotional support, help is available 24/7:

- Call your <u>local mental health crisis line</u>.
- Call the <u>National Suicide Prevention Lifeline</u> at 1-800-273-8255.
  - Text VT to 741741 to talk with someone at the Crisis Text Line.
    - For more information visit <a href="healthvermont.gov/suicide">healthvermont.gov/suicide</a>.

Visit VT Helplink to get connected to Alcohol and Drug Support Services.

Get self-help tips and connect to mental health services at <a href="COVID Support VT.">COVID Support VT.</a>



See ways for Coping with Stress.



### Contact Us

https://www.healthvermont.gov/response/coronavirus-covid-19/schools-colleges-child-care-programs

School and Child Care Warm Line

802-863-7240 x 5 leave message any time

Responding M-F 8am – 3 pm

Toll Free 800-464-4343 x2, then x 5





### **Next Sessions**

Thursday November 19 at 1:00-2:00

https://secure.everyaction.com/UXeoHqLAaUSy-Pa4licn4g2

Thursday December 10 at 1:00-2:00

https://secure.everyaction.com/fICQLonjkEGPNHfTbu9Ygg2



