COVID-19 Health & Safety Guidance for Childcare Programs, Summer Programs and Afterschool Programs

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Maternal and Child Health Director

May 12, 2020
A great many thanks for all you are doing on behalf of children and families in these complex and uncertain times.
Today’s Objectives

1. Review where we are with COVID and data
2. Review the COVID Recovery Phases
3. Testing and Contact Tracing
4. Health Guidance for Childcare, Afterschool, and Summer Programs
5. Additional Opportunities for Learning, Training and Resources
6. Question and Answer
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

<table>
<thead>
<tr>
<th>Phase</th>
<th>Description</th>
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<tr>
<td>Phase I</td>
<td>Slow the Spread</td>
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<tr>
<td>Phase II</td>
<td>State-by-State Reopening</td>
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<td>Phase III</td>
<td>Establish Immune Protection and Lift Physical Distancing</td>
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<td>Phase IV</td>
<td>Rebuild Our Readiness for the Next Pandemic</td>
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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:

- Social gatherings of increased number of people
- Schools open (with some restrictions)
- Childcare opens (with some restrictions)
- Summer camps open (with some restrictions)
- Elective surgeries based on the clinical urgency
- Restaurants and bars open with limited seating
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.
Children and COVID-19: Updated Guidance for Testing in Pediatric Populations

• With increased laboratory capacity for diagnostic testing, health care professionals are encouraged to **begin testing symptomatic children** (defined as those < 18 years of age) for whom infection with SARS-CoV-2 is a reasonable possibility, **even if symptoms are mild**

• Priority for testing symptomatic children with mild to moderate disease should be given to children:
  
  a) Of health care providers
  b) With chronic underlying medical conditions
  c) In congregate housing
  d) With exposure to a patient with COVID-19
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
Testing of Emergency Childcare Providers

- **Childcare provide care for essential personnel can get tested now**
- We are here to support childcare providers who wish to be tested for the coronavirus, even if you don’t have any symptoms
- Coronavirus testing is **not required for re-opening** and is offered on voluntary basis
- A negative test represents **one moment in time** and **does not change any of the health guidance regarding infection prevention**
- If you test positive for coronavirus, the Health Department will contact you, keep in close touch and determine the close contacts and assist with decisions about classroom closure
Pop-up testing in Burlington (this past weekend), Bennington, Brattleboro and Hartford in the next two weeks. Additional pop-up testing to be added soon.

By appointment only.

To make an appointment go to: humanresources.vermont.gov/popups

If you have symptoms, testing should be ordered through your primary care.

If you do not have primary care, please call 2-1-1 to be connected.
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**
Updated Guidance:
Health Guidance for Childcare Programs, Summer programs and Afterschool programs

:: coming this week ::
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<tr>
<th></th>
<th>SELF-ISOLATION</th>
<th>SELF-QUARANTINE</th>
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<tbody>
<tr>
<td><strong>For Whom?</strong></td>
<td>People with symptoms of COVID-19</td>
<td>People with no symptoms of COVID19</td>
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<tr>
<td></td>
<td>• For people with COVID-19 who aren’t sick enough to be hospitalized, or</td>
<td>• Close contacts of people with COVID19</td>
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<td>• For people who are waiting for test results</td>
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<td><strong>For How Long?</strong></td>
<td>Until recovery, which happens when all three have happened:</td>
<td>For 14 days since the date of possible exposure. The day of the exposure is Day 0.</td>
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<td>1) It’s been 3 full days of no fever without the use of fever-reducing</td>
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<td>medication, and</td>
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<td>2) Other symptoms have improved, and</td>
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<td>3) At least 10 days have passed since your symptoms first appeared</td>
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<td><strong>What does it mean?</strong></td>
<td>Staying in a separate room in the house, using a separate bathroom, avoiding</td>
<td>Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.</td>
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<td>contact with others.</td>
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Conduct a Daily Health Check for the child(ren) attending childcare, and your staff:

1. Have they been in close contact with a person who has COVID-19?

2. Have they felt unwell with respiratory symptoms in the last few days? Do they feel unwell with any symptoms consistent with COVID-19? *For example, have they had a cough, high temperature, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell?*

**Temperature check protocol:** Health screening should occur upon entrance and near sink.

- Perform hand hygiene
- Put on a cloth facial masks or coverings, eye protection, and a single pair of disposable gloves
- Check individual’s temperature
- If performing a temperature check on multiple individuals, ensure that a clean pair of gloves is used for each individual and that the thermometer has been thoroughly cleaned in between each check. If disposable or non-contact thermometers are used and the screener did not have physical contact with an individual, gloves do not need to be changed before the next check. If non-contact thermometers are used, they should be cleaned routinely
- Remove and discard gloves in between children
It is recommended that **all staff wear cloth face coverings while providing care.**

**Cloth face coverings should—**

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

**Use of Cloth Face Coverings to Help Slow the Spread of COVID-19**


Providers and staff may take off their facial covering in very select instances, such as when a parent/caregiver is hearing impaired and reads lips in order to communicate.
Health Guidance: CLOTH FACE 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
Health Guidance: DROP-OFF & PICK-UP

- Stagger arrival and drop off times and/or plan to limit direct contact with parents/caregivers.
- Same parent or designated person should drop off and pick up the child every day.
- Older people such as grandparents should not pick up their children, because they are more at risk for serious illness.
- Hand hygiene stations could be set up at the entrance of the facility or the entrance process could be rerouted through a different entrance nearest the sink.
- Parents and caregivers who are self-quarantining due to close contact with a COVID-19 positive individual should NOT do drop-off or pick-up.
Health Guidance: COVID CASES IN CARE

When there is a confirmed case of COVID in the childcare program, consult with the Vermont Department of Health, and do the following:

- Close off areas used by the person who is sick.
- Open outside doors and windows to increase air circulation in the areas.
- Wait up to 24 hours or as long as possible before you clean or disinfect to allow respiratory droplets to settle before cleaning and disinfecting.
- Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, and common areas.
- Communicate with staff and parents/caregivers.
- Dismiss children and most staff for 2-5 days.
- If more than 7 days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.
- Work with Health Department and CDD around decisions about extending closure.

➔ If there is a reduction in childcare capacity, notify CDD.
Health Guidance

SOCIAL DISTANCING STRATEGIES

- Wherever possible, the same childcare providers should remain with the same group each day.
- At nap time, place resting children head to toe in order to further reduce the potential for viral spread. Programs with sufficient space should place children 6 feet apart at naptime as much as possible.

TOYS & BEDDING

- Clean playground equipment to the best of your ability
- Toys that cannot be cleaned and sanitized should not be used, including items such as soft toys, dress-up clothes, and puppets.
- Use bedding that can be washed (1x/week). Per childcare licensing regulations, children's bedding is required to be stored separately.
Health Guidance: ADDITIONAL ITEMS

Additional guidance

- Updated Healthy Hand Hygiene Behavior
- Cleaning & Disinfecting
- Caring for Infants and Toddlers
- Food Preparation and Meal Service

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.
The following individuals should not provide childcare:

- Adults 65 years of age and older
- People who have serious underlying medical conditions:
  - Heart disease
  - Diabetes
  - Lung disease
  - Underlying immune disorders/compromised immune systems/ taking immune suppressant medications
  - Pregnant individuals
  - People with HIV

Health Department and Child Development Division are considering a case by case exemption approach.

For home-based childcare: If a household member has any of the conditions described above, providers should ensure social distancing (a minimum of 6 feet) between the childcare children and the household member, ideally the household member would remain in rooms separate from the children. Cleaning/disinfecting guidance should also be followed.
Health Guidance: REQUIRED VOSHA SIGNAGE

Signs **must** be posted at all **entrances** clearly indicating that **no one may enter** if they have **symptoms of respiratory illness**.
Heath Guidance: GENERAL GUIDANCE REMINDER

1. Small groups, **classroom size will be determined by Epidemiology and Data**—working to get you this information soon

2. Absolutely **no large group activities**

3. Frequent **handwashing** with soap and water for **at least 20 seconds**

4. **Frequent thorough cleaning each day**

5. **No outside visitors and volunteers**
Guidance: We Hear You and a Few Examples

• **Keep the Questions Coming!** It is all in the details.

• **Facilities**
  • Big spaces with half-walls, room dividers
  • Air circulation, as summer rolls in
  • Hallways and rooms with no doors
Summer Programming for Children and Youth

Health guidance will be the same as for childcare. Additionally, there are unique features to some summer programming that may need consideration and guidance.
Where can I get needed supplies?

Getting programs access to cleaning supplies, such as gloves, masks, and hand sanitizer is currently being coordinated by CDD and Let’s Grow Kids, in partnership with the State Emergency Operations Center (SEOC).
Protecting the Safety and Health of Workers
Coronavirus Disease 2019 (COVID-19)

Using OSHA/CDC Guidance to protect workers as we bring workplaces online

VOSHA Training

https://labor.vermont.gov/vosha
Health Questions Resource for Childcare Services

The Department of Health has public health nurses available to childcare, afterschool, and summer programs to answer health related childcare questions 8:00 AM to 3:00 PM Monday through Friday
Call: 802-863-7240, select the option for “Childcare Services”

After hours there will be a childcare question mailbox to leave a message and VDH staff will return your call the following business days.
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
Recommendations to support and protect children’s emotional well-being during the pandemic

• Understand that reactions to the pandemic may vary.
• Ensure the presence of a sensitive and responsive caregiver.
• Social distancing should not mean social isolation.
• Provide age-appropriate information.
• Create a safe physical and emotional environment by practicing the 3 R’s: Reassurance, Routines, and Regulation.
• Keep children busy.
• Increase children’s self-efficacy.
• Create opportunities for caregivers (which may mean yourself!) to take care of themselves.
• Seek professional help if children show signs of trauma that do not resolve relatively quickly.
• Emphasize strengths, hope, and positivity.

childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic
Health Department Resources for Children and Families

- Coping with Family Stress
- Child Safety
- Suicide Prevention
- Domestic & Sexual Violence Prevention
Maternal and Child Health (MCH) is here to support the health and safety of your program, your staff and the families you serve.
Thank you!

Let’s stay in touch.

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