

# 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



November 19, 2020 1PM - 2PM



# 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?

thank you!

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

# Latest Guidance and Resources

- Strong & Healthy Start -11/16
- Child Care guidance
- Quarantine – For Any but Essential
- Status on [disease outbreaks](#)
- 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
- [Quarantine](#)





# 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/wp-content/uploads/2020/06/mask-mirror-FINAL.pdf>

**Our Friends and Helpers are  
Wearing Masks to Keep Kids  
Safe and Sound**



**Look in the mirror with your mask on, or ask a  
grown up to take a picture!**

**Share with @connecticutchildrens  
#maskup4childrens!**

Created by  
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Kathryn Robbins MS, COLS

## Algorithm – Return to Care

When to  
exclude and  
when to  
return.

Cough (new)	<p>If your child has <b>ANY ONE</b> of these symptoms, they likely <b>need a COVID-19 test</b>.</p> <ul style="list-style-type: none"><li>• Call your child’s healthcare provider for medical advice and possible office visit or referral to be tested.</li><li>• Communicate the plan with your child’s program director or family child care provider.</li></ul>
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°)	<p>If your child has <b>TWO OR MORE</b> of these symptoms, they <b>MIGHT need a COVID-19 test</b>.</p> <ul style="list-style-type: none"><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></ul> <p>If your child has <b>ONLY ONE</b> of these symptoms, keep your child at home until:</p> <ul style="list-style-type: none"><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>
Chills	
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?



- 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](#)







# 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 [local mental health crisis line](#).
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255.
- Text VT to 741741 to talk with someone at the [Crisis Text Line](#).
  - For more information visit [healthvermont.gov/suicide](https://healthvermont.gov/suicide).

Visit [VT Helplink](#) to get connected to Alcohol and Drug Support Services.

Get self-help tips and connect to mental health services at [COVID Support VT](#).

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>

