Public Health
Seattle & King County

Health and Safety Practices in Child Care during COVID-19

Live Call with Nurses & Mental Health Consultants from the PHSKC Child Care Health Program

April 9, 2020

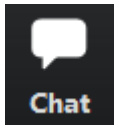
Agenda

- Welcome
- Review of King County Public Health Resources
- Mental Health Consultation Services
- Health and Safety Guidelines Regarding Social Distancing and Face Coverings
- Live Q&A via Chat Box and Phone
- Survey

Virtual Meeting Guidelines

- ❑ Join on time, leave as you need, and be respectful of and kind to all participants.

- ❑ Mute your microphone for this presentation.

- ❑ To ask a question, click on the Chat icon at the bottom of the Zoom window and type it. The icon looks like this: 

    - To send your question to the chat box, click the enter key.
    - Please keep your questions clear and brief.

- ❑ If asking a mental or behavioral health question, please avoid using identifiable health information such as name, birthday, gender, etc.
- ❑ In addition to questions, feel free to share what's been working for you at your site.

Reminders

Please know COVID-19 information changes daily, so the Child Care Health Program is unable to know everything about it.

The Child Care Health team will, however, be able to offer you clarity around best practices, the WAC, and methods to reduce the spread of the virus among children in your care *and* you as their providers.

There will be ongoing opportunities to have consultation with and support from the Child Care Health team in the coming weeks.

Reminders

You may find that there are differences in the guidance issued by local, state, and national entities. King County is currently more heavily impacted by COVID-19 than many other regions throughout the state and country. Public Health—Seattle & King County's guidance reflects our commitment to protecting the health and safety of our residents in light of our unique local circumstances.

Public Health
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What we reviewed at last week's call in:

1) COVID-19 is a new disease, caused be a novel (or new) coronavirus that has not previously been seen in humans.

2) COVID-19 can spread to others through respiratory droplets when someone coughs, sneezes and talking. Touching a surface that has the virus on it and then touches their nose, mouth, or eyes.

3) How to access COVID-19 resources on PHSKC website

Accessing resources on PHSKC website

- Go to www.kingcounty.gov/covid
- Scroll down to "Resources"
- Click on the + next to "For schools and child care"

Additional resources on Child Care Health Program website

- Go to www.kingcounty.gov/childcare

- Click on "Disease Prevention"

COVID-19 resources

- Fact sheets for families
- "Keep Me Home If" posters

Acknowledge

- Work today is harder than it was before
- Uncertainty
- Increasing reports of racism and discrimination
- It makes sense to feel scared, anxious, sad, and angry

Caring for Children

Stress, Anxiety, and Fear

How does it look in children?

- Regression
- Change in body function(s)
- Pain without known medical cause
- Fear of separation from caregivers

How to help?

- Attune to feelings and behaviors
- Remain patient, calm, and reassuring
- Encourage play and self-expression
- Provide routine and structure

Caring for Children
Attachment and Social Distancing

How?

- Sight: Can you validate me?
- Hearing: Do you understand me?
- Smell: What is that smell?
- Taste: This tastes great!

Good News:

- You are a part of a community
- This is not forever
- Children are resilient
- Mental Health Consultation is available via PHSKC's Child Care Health Program

Mental Health Consultation

as part of the PHSKC Child Care Health Program

Mental Health Consultants provide reflective, trauma-informed virtual support to childcare providers, families, and children.

These supports include:

- Problem solving concerns or questions related to behavioral and mental health
- Technical assistance to promote and sustain social-emotional wellbeing
- Resources & Referrals

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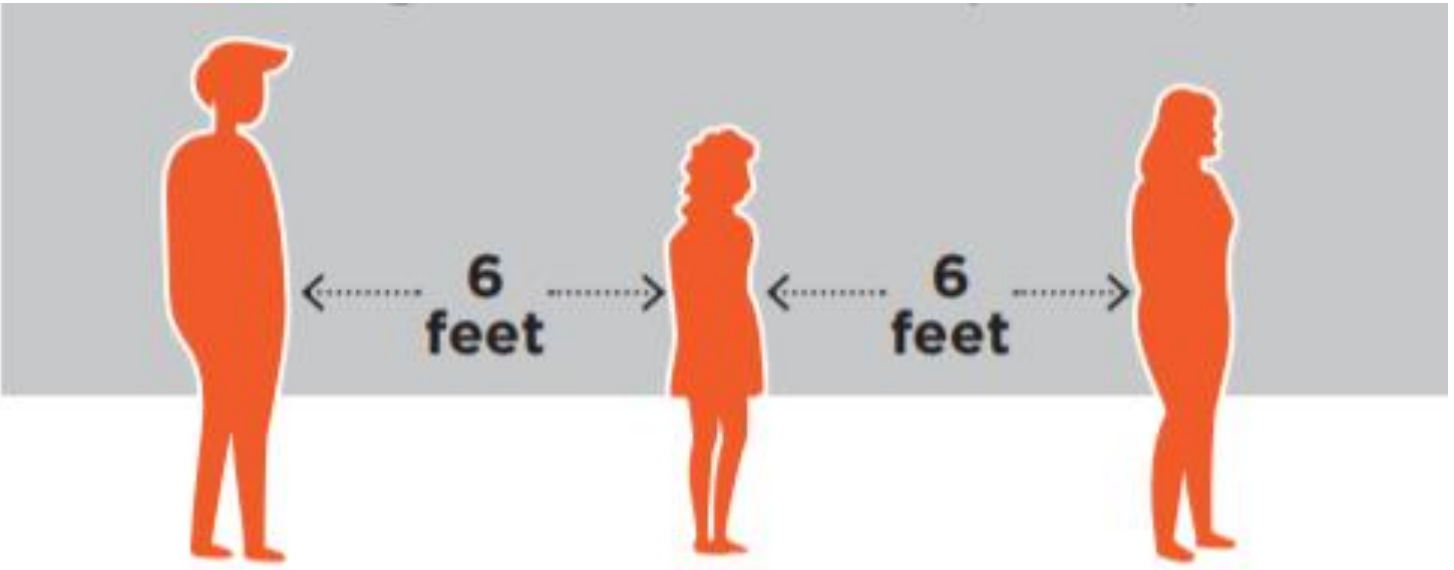
Social Distancing in the Child Care Setting



What does this mean?

- This is a way to increase the physical space between people in order to avoid spreading illness
- The recommended distance is 6 feet between each person.

Drop Off & Pick Up

- Alternate drop off and pick up times for small groups when possible
- Meet parent outside of the building
- Have parent use their own pen when signing a child in or out

Meals & Snack Time

- Have children eat in the classroom
- Spread out seating so children are as far apart as possible at the table
- Eliminate family style meals - providers serve children

Indoor & Outdoor Play

- Try to increase the amount of time outdoors
- Limit the number of children playing in the same area
- Incorporate more individual play
- Modify group games to increase the space between children

Naptime

Place nap mats 6 feet apart if there is allowable space

Children should sleep toe to toe OR head to toe

Face Coverings

When handling a child who is ill, face coverings are recommended

If you do not have access to a face cover you can make your own

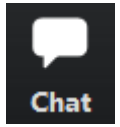
How to Make Your Own Face Covering

America's Surgeon General, Dr. Jerome Adams, shares ways to create your own face covering in a few easy steps.

When and How to Wear Medical Masks to Protect Against Coronavirus

From the World Health organization

Questions from Providers

- ❑ To ask a question, click on the Chat icon at the bottom of the Zoom window and type it. The icon looks like this: 

  - To send your question to the chat box, click the enter key.
  - Please keep your questions clear and brief.

- ❑ We'll take calls from the Chat Box first, then phone-in questions toward the end.

- ❑ If asking a mental or behavioral health question, please avoid using identifiable health information such as name, birthday, gender, etc.

- ❑ In addition to questions, feel free to share what's been working for you at your site.

Wrap Up

- Public Health – Seattle & King County (PHSKC) COVID-19 page: www.kingcounty.gov/covid
- Look out for follow-up resources from our community partners.
- Please take the survey via the link in the chat box.

Mental Health Resources

- The National Child Traumatic Stress Network; Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 Flyer
  - Link: https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
  - Available in English, Spanish, and Chinese.
- Los Angeles County Department of Mental Health; Coping with Stress During Infectious Disease Outbreaks Flyer
  - Link: https://dmh.lacounty.gov/covid-19-information/
  - Available in Arabic / Armenian / Chinese (Simplified) / Chinese (Traditional) / English / Farsi / Japanese / Khmer / Korean / Russian / Spanish / Tagalog / Vietnamese
- Center for Disease Control: Parent's Supporting Children Video
  - Link: https://www.youtube.com/watch?v=jOq-8S_k7to
  - Part of CDC's COVID-19 American Sign Language video series. English subtitles available.
- Somali Health Board
  - Link: somalihealthboard.org & facebook.com/SomaliHealthBoard
  - Community-based health organization currently providing Somali and English language webinars, posters, and resources to the Somali American and immigrant community in King County.

Mental Health Resources, Cont.

- Center for Disease Control: Caring for Children Handout
  - Link: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html
  - Available in English, Chinese, Vietnamese, Korean, and Spanish.
- National Alliance on Mental Health (NAMI) COVID-19 Guide
  - Link: https://www.nami.org/covid-19-guide
  - Available in English. FAQ with resources and referrals that promote mental health and well bring.
- Copingskillsforkids.com
  - Available in English. Free downloadable breathing exercises and mindfulness-based activities for children.
- Virusanxiety.com
  - Available in English. Mindfulness based resources for managing anxiety and stress related to COVID-19.
- Zero to Three: Coronavirus Resources for Early Childhood Professionals
  - Link: https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhood-professionals
  - Available in English. Activity Sheets, webinars, guidance on how to talk to adapt parenting and caregiving.