

Recommended health and safety practices in child cares and early learning programs during COVID-19



Live call with Public Health Nurses from the Child Care Health Program

April 29, 2020



Agenda



Welcome!

PHSKC website and new resources

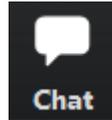
Review of Comparison Chart: Health and Safety Practices pre-COVID 19 vs. during COVID-19

Live Q&A via Chat Box (if time permits)

Survey

Virtual Meeting Guidelines

- ❑ Mute your microphone for this presentation. **This presentation will be recorded, so please turn off your camera if you do not want to be recorded.**

- ❑ To ask a question, click on the Chat icon at the bottom of the Zoom window and type in it. The icon looks like this: The image shows a dark square icon with a white speech bubble and the word "Chat" written below it in white.
 - Please keep your questions clear and brief.
 - Please specify where you're from in the area or the city where you provide care.

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

A note about our recommendations...

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.

A note about our recommendations...

The Child Care Health Program (CCHP) compiles recommendations based on information from a number of sources.

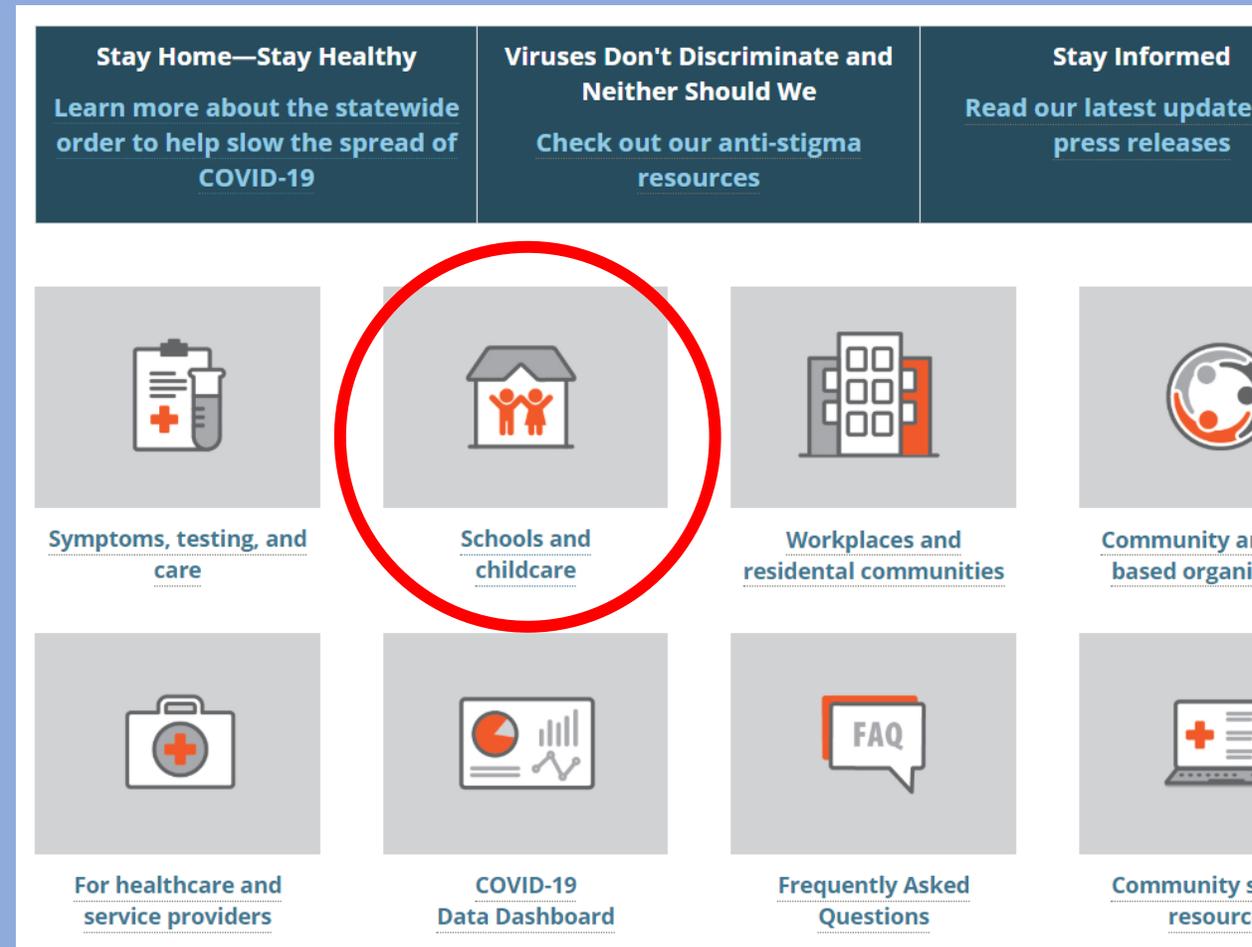
Unless noted elsewhere, WACs still apply to licensed child cares and early learning programs.

The CCHP has a longstanding history of providing best practice guidelines. In our effort to continue this practice, we believe child care and early learning programs in Seattle & King County should follow our recommendations to best prevent the spread of illness and keep the child care community safe.

However, we are not an enforcing body and do not *mandate* or *require* any program to do so.

To access resources on the Public Health Seattle & King County website:

- Go to www.kingcounty.gov/covid
- Click on "Schools and childcare"



There you will find:

- Recommendations for child cares
- Checklist for child cares
- Fact sheets for families
- Guidance if you have a positive case in your facility
- “Keep Me Home If” posters

Schools and childcare

Teachers, parents and caregivers have been resourceful, creative, and patient in supporting at-home learning. Childcare and early learning centers have been critical in supporting workers on the front line of our COVID-19 response. We commend all their efforts! Please check this site for frequently updated guidance to keep children and young people safe in childcare settings and campus housing.

Currently all schools and higher education institutions in Washington State will be closed for in-person instruction through the end of this school year. Some school sites are operating ["Grab and Go" student meal sites in King County](#).

Childcare and early learning programs are open. They play a critical role in keeping emergency rooms operating, essential businesses functioning, and our children safe as some parents continue working. [Our childcare providers are superheroes: From a parent in Public Health](#).

Guidance documents

Childcare and Early Learning Centers

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K-12 schools and higher education

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Related links

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The [Best Starts for Kids](#) blog is a great resource for COVID-19 tips and resources related to children and families.

For additional resources from the Child Care Health Program:

Go to www.kingcounty.gov/childcare

You will find:

- Fact sheets for families
- "Keep Me Home If" posters
- Resource on cleaning and sanitizing/disinfecting your child care
- Video recordings of virtual calls
- Hand sanitizing authorization form

Child Care Health

Health promotion and disease prevention information for child care facilities throughout Seattle and King County



Cleaning and bleach

- Labels for bleach bottles
- Diaper changing
- Method for mixing bleach...



Education/Training

- Stars-approved online courses
- Food worker card training
- Virtual call videos



Disease prevention

- Communicable disease letters
- Disease reporting requirements
- "Keep Me Home If..." posters...

New Hand Sanitizer Authorization Form

Hand Sanitizer Authorization Form

Child's Name:	Date of Birth & Age:
	(*Children must be at least 2 years of age to use hand sanitizer)
Name of Hand Sanitizer:	
Active ingredient:	
*Must contain at least 60% alcohol	
Start Date:	Stop Date: (up to 12 months after 'Start Date')
/ /	/ /
Possible Side Effects:	
Special Instructions:	
<ul style="list-style-type: none">• Hand sanitizer should always be kept in an area inaccessible to children.• Hand sanitizer should not be used when hands are visibly dirty.• Use of hand sanitizer must be supervised by an adult to prevent ingestion.	

I authorize the use of the above hand sanitizer for my child.

Parent/Guardian Signature

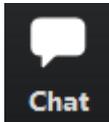
Date

Recommended Health and Safety Practices: A comparison chart of practices before COVID-19 vs. adaptations during COVID-19

This document will be shared as soon as we can get it approved to go on the website, so please stay tuned...

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.
- Please specify where you're from in the area or the city where you provide care.

Please avoid using identifiable health information in your question such as name, birthday, gender, etc.

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

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.
- World Health Organization: Coping with stress during the COVID-19 outbreak
 - Available in [English](#), [Spanish](#), [French](#), [Russian](#), [Simplified Chinese](#), [Arabic](#).

Mental Health Resources, Cont.

- Substance Abuse and Mental Health Services Administration (SAMHSA): [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (Flyer)
 - Link: <https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-Tips-for-Social-Distancing-Quarantine-and-Isolation-During-an-Infectious-Disease-Outbreak/PEP20-01-01-007>
 - Available in English and [Spanish](#)
- 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.
- Somali Health Board
 - Link: somalihhealthboard.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.

- 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.
- American Academy of Pediatrics – [HealthyChildren.org](#)
 - Link: HealthyChildren.org
 - Articles for parents and caregivers available in English & Spanish.
 - Recommended articles include [Parenting in a Pandemic: Tips to Keep the Calm at Home](#), [Getting Children Outside While Social Distancing for COVID-19](#), and [Co-Parenting Through COVID-19: Putting Your Children First](#)
- American Academy of Child & Adolescent Psychiatry - [Resources for Helping Kids and Parents Cope Amidst COVID-19](#)
 - Link: https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx
 - Various articles on how to talk to children about sick adults and lost loved ones due to COVID-19, supporting children with special needs during the pandemic, as well as general coping strategies for caregivers and parents.
 - Available in English, with some Spanish language articles.

Mental Health Resources, Cont.

- [Copingskillsforkids.com](https://www.copingskillsforkids.com)
 - Available in English. Free downloadable breathing exercises and mindfulness-based activities for children.
- [Virusanxiety.com](https://www.virusanxiety.com)
 - Available in English. Mindfulness based resources for managing anxiety and stress related to COVID-19.
- More to come soon!

Wrap Up

- Public Health – Seattle & King County (PHSKC) COVID-19 page:
www.kingcounty.gov/covid
www.kingcounty.gov/childcare
- Watch for a follow-up email with these slides and resources from community partners, including DEEL, BSK, CCR, and CCA.
- Please take the survey via the URL in the chat box.
- We hope to see again next Wednesday, May 6th at 1:30pm!