



# 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

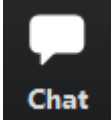


Live Q&A via Chat Box and Phone



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.

# What we reviewed at last week's call in:

- 1) COVID-19 is a new disease, caused by 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](http://www.kingcounty.gov/covid)
- Scroll down to "Resources"
- Click on the  next to "For schools and child care"



**Resources**

- Related Public Health news releases +
- For the general public +
- For schools and child care** -

- [Guidance for student housing at higher education institutions](#)
- [Updated COVID-19 Child Care Recommendations](#)
- [Guidance for child care administrators: What to do when you have a positive COVID-19 case in your facility](#)
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  - [托兒中心行政員的指南 \(Chinese\)](#)
  - [Tilmaanta loogu talagalay Maamulayaasha Xanaanada Cunugga \(Somali\)](#)

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# Additional resources on Child Care Health Program website

- Go to [www.kingcounty.gov/childcare](http://www.kingcounty.gov/childcare)
- Click on "Disease Prevention"

## COVID-19 resources

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

## 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...



### Model policies

- Health policies
- Animal policies
- Topic-specific health policies...



### Disease prevention

- Communicable disease letters
- Disease reporting requirements
- "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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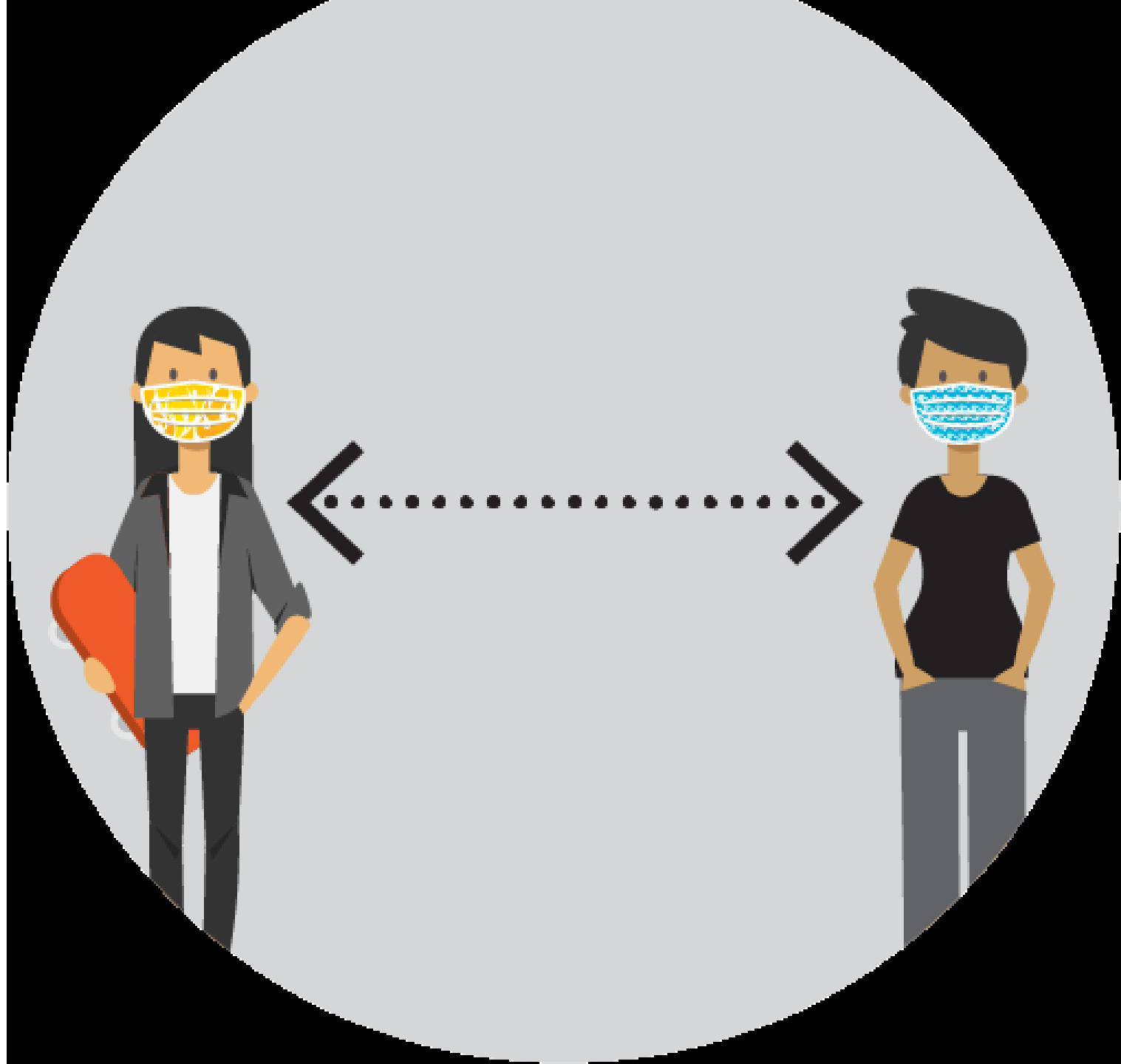
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# Social Distancing in the Child Care Setting

- **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

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- 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.

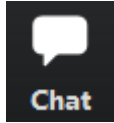


# When and How to Wear Medical Masks to Protect Against Coronavirus

From the World Health  
organization



# Questions from Providers

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The image shows a dark square icon with a white speech bubble and the word "Chat" written below it in white.
  - 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](http://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](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: [somalihhealthboard.org](http://somalihhealthboard.org) & [facebook.com/SomaliHealthBoard](https://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.