



Health and Safety Practices in Child Care during COVID-19

Live Call with Nutritionist and Community Health Professionals
from the PHSKC Child Care Health Program

April 16 , 2020

Agenda

Welcome

Sanitizing and Disinfecting

Social Distancing Activity Ideas

Food Preparation and Meal Times

Live Q&A via Chat Box

Survey



The Child Care Health Program staff includes:

- Public health nurses
- Mental health consultants
- Nutrition consultant
- Community health professionals

Staff offer virtual and phone consultation, training and health resources to promote the health and safety of all children in child care.

Child Care Health Program Team



*Steve Shapiro
Program Manager*



*Ellen Flamiatos
Lead Nurse*



*Deborah Waugh
Administrative Assistant*



Anita Alkire, Nurse



Yolanda Morris, Nurse



Sarah Leong, Nurse



*Megan Holmes, Mental
Health Consultant*



*Phala Cbea, Mental
Health Consultant*



*Katherine Ngo, Mental
Health Consultant*



Lesley Rannig, Nurse



Lynn Nguyen, Nurse



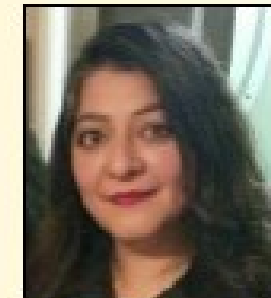
Lauren Greenfield, Nurse



*Janis Harsila
Nutritionist*

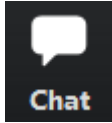


*Muna Houssem
Community Health
Professional*



*Viviana López
Community Health
Professional*

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. **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: A small square icon with a white speech bubble and the word "Chat" in blue text below it.
 - To send your question to the chat box, click the enter key.
 - Please keep your questions clear and brief.
- ❑ 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.

Cleaning & Sanitizing/Disinfecting

1. Clean	2. Rinse	3. Sanitize/Disinfect
Clean with soap and water Wipe with a paper towel	Rinse with water Wipe dry with a paper towel	Sanitize/Disinfect with bleach solution* Allow to air dry or to remain on surface for at least 2 minutes, then wipe with a paper towel

* **Food Surfaces, Kitchen, and Classrooms:** refer to “Method for Mixing Bleach”

* **Body Fluids and Bathrooms/Diapering:** refer to “Method for Mixing Bleach”



This poster and other resources can be found at:
www.kingcounty.gov/childcare

Cleaning Schedule

Guidelines for a Clean and Healthy Child Care Environment

Task	Sanitize	Disinfect	Daily	Weekly	Before & After Each Use	Comments:
Child Care Areas						
Door & cabinet handles		X	X			At the end of the day.
Drinking fountains		X	X			
Mouthed toys	X				X*	Removed from use after it has been in contact with mouth, then cleaned and sanitized prior to reuse.
Pacifiers	X		X*			Should be cleaned with soap and water between uses by same child. Sanitized either by boiling in hot water or washing in dishwasher once daily. Pacifiers should never be shared.
Cloth toys & dress-up clothes	X			X		Sanitized with bleach according to equipment manufacturer's instructions or washed above 140°F.
Hats & helmets	X				X	After each child's use.
Infant & toddler toys	X		X*			
Preschool & school age toys	X			X*		Site specific cleaning schedule must be developed and followed.
Water tables	X				X	
Upholstered furniture				X*		Clean at least twice each year using a carpet shampoo machine or steam cleaner.
Garbage cans		X	X*			
Rugs & carpets				X*		Vacuumed daily when children are not present. Clean at least once every 6 months using a carpet shampoo machine or steam cleaner. For infant rooms, clean at least once per month.
Floors (tile, linoleum, etc.)	X*		X			Sweep or vacuum, then sanitize .
Floors, carpets, rugs, or surfaces with bodily fluid or spit-up		X	X*			Children should be moved from area contaminated with blood or OPIM <i>prior</i> to cleaning and disinfecting with either high heat or an EPA registered product. Children should not return to carpeted areas until dry.
Sleeping Areas						
Cribs, cots, mattresses & mats	X			X*		Clean and sanitize before use by different child.
Laundry - Bedding: sheets, blankets, sleep sacks, etc.	X			X		Should be done on-site or by a commercial service (i.e. not washed in a private home). Sanitized with bleach according to equipment manufacturer's instructions or washed above 140°F.



Task	Sanitize	Disinfect	Daily	Weekly	Before & After Each Use	Comments:
Toileting and Diaper Areas						
Handwashing sinks, counters, toilets, toilet handles, & floors		X	X*			Clean immediately if visibly soiled.
Changing tables		X			X	After each use.
Potty chairs		X			X	After each use.
Diaper trash cans		X	X			Emptied throughout the day.
Bathroom floors		X	X*			Disinfectant is not used on floors when children are present.
Food Areas						
Refrigerator/ freezer	X			X		Cleaning and sanitizing refrigerator monthly is OK. Defrost freezer when more than ¼ inch frost develops or temperature exceeds 0°F
Eating utensils, bottles, & dishes	X				X	After each use.
Kitchen counters	X				X*	
Food preparation surfaces	X				X	
Food preparation sinks	X		X			
Kitchen equipment: blenders, can openers, pots & pans, cutting boards	X				X*	After each use.
Tables & high chair trays	X				X	
High chairs	X		X			
Kitchen floors	X		X			Swept, washed, rinsed and sanitized .
Other Cleaning Items						
Mops		X	X			Cleaned, rinsed and disinfected in utility sink. Air dried in an area with ventilation to the outside & inaccessible to children.
Laundry - Bibs & burp cloths	X				X	Sanitized with bleach according to equipment manufacturer's instructions or washed above 140°F.
Spray bottles of soap, rinse water & bleach solutions		X	X			See Bleach Solution Preparation Procedure for where to clean bottles.
Pet supplies						See your pet policy. Pregnant women & children should not clean animal cages, empty litter boxes, clean fish tanks, etc.

The 3-Step Method is 1. WASH, 2. RINSE, and 3. **SANITIZE** or **DISINFECT**

- Sanitizing** solution is used to reduce germs from surfaces but not totally get rid of them. **Sanitizers** reduce the germs from surfaces to levels that are considered safe. The **sanitizing** 3- step method is most often used for food surfaces, kitchen, and classrooms.
- Disinfecting** solution is used to destroy or inactivate germs and prevent them from growing. **Disinfectants** are regulated by the U.S. Environmental Protection Agency (EPA). The **disinfecting** 3- step method is most often used for body fluids and bathrooms/diapering areas.

*At times it may be necessary to clean, rinse and **sanitize/disinfect** more frequently.



How to Prepare Sanitizer and Disinfectant



If There Is a COVID-19 Case

The CDC recommends that if someone who spent time in your child care has a suspected or confirmed case of COVID-19, disinfect with the following solution:

5 tablespoons (1/3 cup) of bleach to
1 gallon water or

4 teaspoons of bleach to 1 quart
water

Social Distancing in the Child Care Setting



- This is a way to increase the physical space between people to avoid spreading illness
- The recommended distance is 6 feet between each person, although that's difficult with young children.

Social Distancing - Dice Game Activity

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

Social Distancing Activity Ideas



- Mirror, Mirror
- Dance Party
- Breathing
- Red Light, Green Light
- Yoga
- Simon Says
- Circuit Exercises
- Freeze Games with Music
- Hopscotch
- Row Your Boat

Social Distancing - Happy Song Activity

Food Handling and Preparation



- **Wash your hands!**
- Clean and sanitize kitchen, food contact and eating surfaces often.
- Follow food safety guidelines.
- Do not touch ready-to eat foods with bare hands. Wear gloves or use utensils.
- CDC recommends food prep should not be done by same staff who diaper children.
- Sinks used for food prep should not be used for any other purposes.

Mealtimes



- Stagger, or alternate, lunchtime to limit number of children eating at one time.
- Children and staff should wash hands before and after eating.
- Spread out seating so children are as far apart as possible at the table.
- Eliminate family style meal service.
- Use tongs and utensils to serve food.
- Supervise children during meal.

Discontinue toothbrushing at this time




- Oral health promotion activities can continue.
- CavityFreeKids: <https://cavityfreekids.org/>

Caring for Infants and Toddlers



- Wear an over-large, button-down, long sleeved shirt.
- Wear long hair in a ponytail or other updo.
- Wash hands, neck and anywhere touched by child's secretions.
- Change clothes when necessary.
- Have multiple changes of clothes for infants, toddlers and providers.
- Wash hands before and after handling infant bottles.

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

- Go to 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 \(Somali\)](#)

Signs to p
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**VIRUSE
DON'T
DISCR**

There you can find:

- Posters for child cares
- Checklist for child cares
- Fact sheets for families
- Guidance if you have a positive case in your facility



For additional resources on Child Care Health Program:

- Go to www.kingcounty.gov/childcare
- Click on "Disease Prevention" or "Cleaning and Bleach"

You will find:

- Fact sheets for families
- "Keep Me Home If" posters
- Resource on cleaning and sanitizing/disinfecting your child care

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

Additional Resources

- [Washington State Food Worker Manual](#)
- Cavityfreekids.org:
<https://cavityfreekids.org/>
- Sesame Street Healthy Habits for Life:
<https://www.sesamestreet.org/toolkits/healthyhabits>



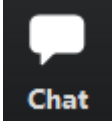
Janis Harsila, R.D., C.D. | Janis.Harsila@kingcounty.gov | 206-263-8393

Viviana Lopez , CHP | Viviana.Lopez@kingcounty.gov | 206-263-8230

Muna Houssen, CHP | Mhoussen@kingcounty.gov | 206-263-1370

childcarehealthprogram@kingcounty.gov

Questions from Providers

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 - Please keep your questions clear and brief.
- ❑ 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.

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, and CCR.
- Please take the survey via the link in the chat box.