

# Supporting outdoor play during COVID-19 - a discussion with Northwest Center's IMPACT team

Live call with Public Health Nurses from the Child Care Health  
Program and guest speakers from Northwest Center's IMPACT team

# Agenda



Welcome and thank you!

Brief updates from CCHP team

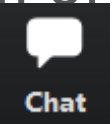
Supporting outdoor play during  
COVID-19

Q & A with CCHP and Northwest  
Center's IMPACT Health Consultants

# Thank you!



# Virtual Meeting Guidelines

- ❑ Please mute your microphone for this presentation. This presentation will be recorded, so 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: 
  - Keep your questions clear and brief.
  - Please specify where you're from in the area or the city where you provide care.
  - Please be kind and respectful when asking your questions.
- ❑ 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.

# Update: CDC has updated its guidelines for when to end home isolation

## When to return to child care after illness

- ▶ For those with COVID-like illness symptoms (whether they've received a positive test or were never tested)
  - the person cannot return to child care until:
    - At least **10 days have passed** after the date symptoms first appeared
    - AND fever-free for at least 72 hours (without the use of fever-reducing medication)
    - AND other symptoms have improved

**Q: If a child has a runny nose and cough but no history of a preexisting condition, are they sent home? When can they return?**

- ▶ **Answer:** This sounds like a **new illness** and cough is a symptom of COVID-19, so yes, they should be sent home and told to contact their health care provider. Child can return after the following things have all happened:
  - ❑ at least 10 days have passed after symptoms first appeared
  - ❑ AND the person has been fever-free (without the use of medication) for 72 hours (3 days)
  - ❑ AND seeing an improvement in symptoms



# Q: When can they return?

**Scenario #1:** The child feels completely back to normal by day 5, but needs to wait for the 10 days before returning to child care.



- ☒ At least 10 days have passed since symptoms first appeared
- ☐ ~~AND the person has been fever-free for 72 hours (3 days)~~
- ☒ AND seeing an improvement in symptoms

**Scenario #2:** The cough improved on day 5, but the child developed a fever at home, which resolved on day 10. They need to wait an additional 72 hours before returning to child care.

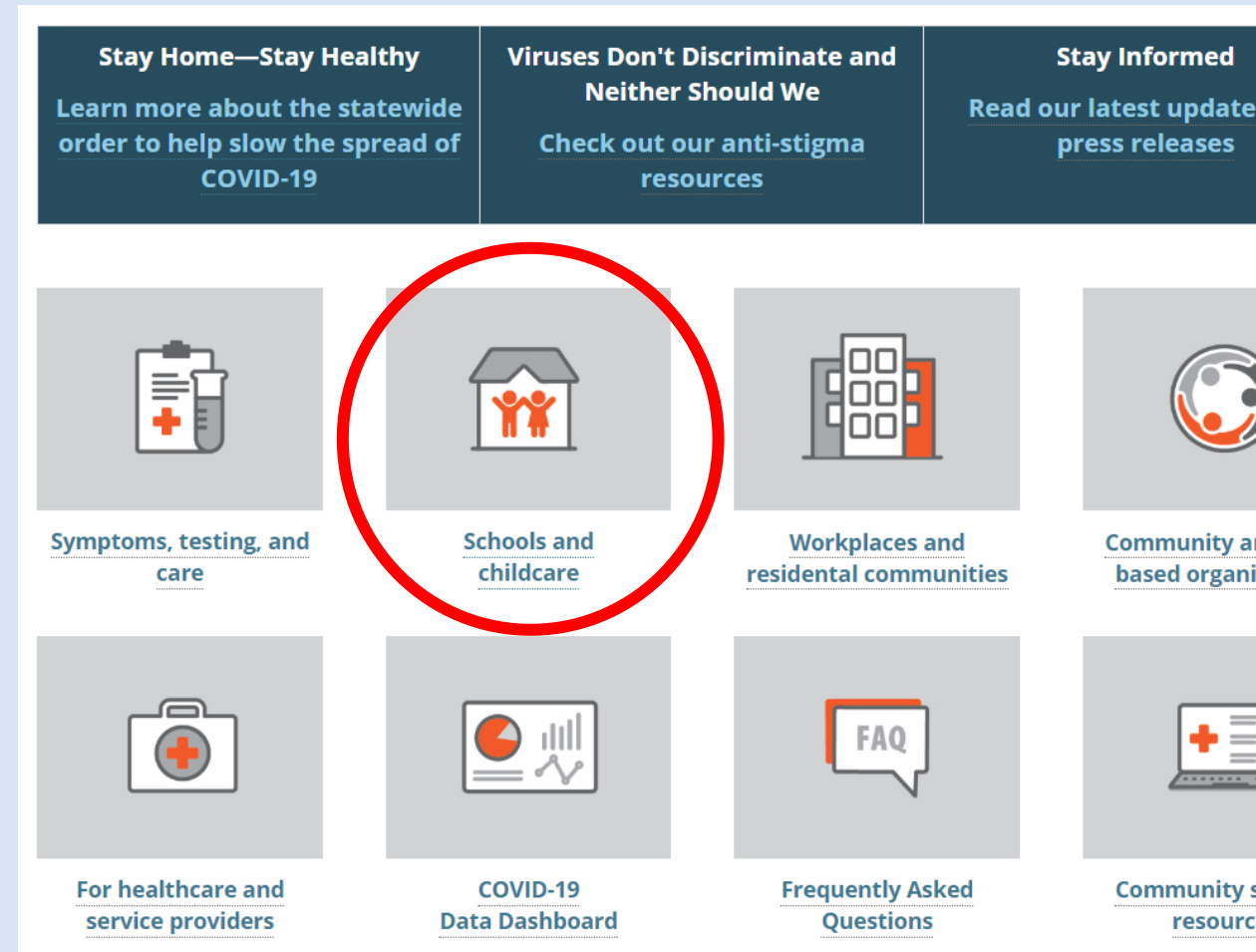


- ☒ At least 10 days have passed since symptoms first appeared
- ☐ AND the person has been fever-free for 72 hours (3 days)
- ☒ AND seeing an improvement in symptoms



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

- ▶ Go to [www.kingcounty.gov/covid](http://www.kingcounty.gov/covid)
- ▶ Click on "Schools and childcare"



# For additional resources from the Child Care Health Program:

Go to [www.kingcounty.gov/childcare](http://www.kingcounty.gov/childcare)

You will find:

- ▶ Resource on cleaning and sanitizing/disinfecting
- ▶ Video recordings of virtual calls
- ▶ Hand sanitizer authorization form



## 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



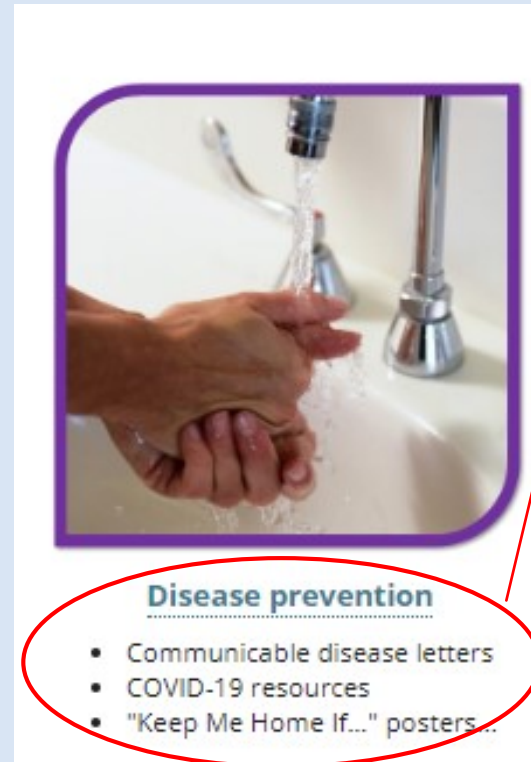
## Health and safety

- Medication forms
- Care plans (i.e. asthma, allergies, and seizures)
- First aid kit...

# For additional resources from the Child Care Health Program: [www.kingcounty.gov/childcare](http://www.kingcounty.gov/childcare)

Under "Disease prevention" you will find:

- ▶ "Keep Me Home If" posters
- ▶ Fact sheets for families
- ▶ New! Comparison chart of health practices: pre-COVID-19 vs. current recommendations



## Communicable disease

### COVID-19 resources

- **COVID-19 Fact Sheet for Families**
  - አለ COVID 19 እውነት ገጽቶች ለቤተሰቦች (Amharic)
  - COVID-19 Xaashida Xaqiiqada ee Qoysaska (Somali)
  - Hoja Informativa para Padres de Familia sobre COVID-19 (Spanish)
  - Thông Tin Về COVID-19 Dành Cho Gia Đình (Vietnamese)
- **Keep Me Home If...**

Please use these exclusion guidelines until further notice during this COVID-19 event)

Refer to the Washington Administrative Code (WAC) 110-300-0205 for the complete illness exclusion requirements.

  - Igu hay guriga hadii... (Somali)
  - Mantenme en casa si... (Spanish)
  - Giữ con ở nhà nếu... (Vietnamese)
- **Comparison chart of health practices in child care: pre-COVID-19 vs. current recommendations**

# Supporting Outdoor Play During COVID-19

Northwest Center IMPACT Child Care Health Consultation Program

Laura Kneedler, M.Ed., Amy Bender, M.A.



Best Starts for  
**KIDS**



# Benefits of Outdoor Play

Outdoor play is essential for children's development, health, and well-being.

- ▶ Builds their fine and gross motor skills
- ▶ Promotes' creativity through exploration and risk-taking
- ▶ Social-emotional development
- ▶ Reduced stress levels, better mood, and improved concentration
- ▶ Improved sleep
- ▶ All children can participate and enjoy outside time

Children are ready to learn and engage in the classroom environment!



## Seattle and King County Public Health Recommendations

- ▶ King County highly encourages outdoor play.
- ▶ Always wash children's hands with soap and water after outdoor time. Hand sanitizer can be used outdoors for children over the age of two years but should not be used in place of washing hands with soap and water, or if hands are visibly dirty.
- ▶ Three step process should be applied to all toys and high-touch surfaces used by children outdoors (ex: toys, bike handles, monkey bars, etc.)

# General Outdoor Play Tips

- ▶ Consider having a set of toys specific for each classroom
- ▶ Rotating out toys for different days of the week
  - ▶ For example, Monday, Wednesday and Friday is bikes, and Tuesday and Thursday is play structure/balls.
- ▶ Use visuals to show which equipment/toys are closed
- ▶ Everyday indoor activities can happen outside:
  - ▶ Circle time/ group reading
  - ▶ Art
  - ▶ Music and movement
  - ▶ Snack
- ▶ Playground schedule & taking different routes to the playground



# Setting Children up for Success




COVID-19 has changed the ways we engage with our playgrounds. Let's plan with that in mind so you and your students will have a successful trip outside!

- ▶ Plan ahead: what will you do when you get outside?
- ▶ Circle time discussion
- ▶ Consistency and routine are important!
- ▶ Transitions - coming up

# Transitions - To the Playground

- ▶ Setting up the transition in the classroom
  - ▶ Plan your transition with your co-teacher prior to starting
  - ▶ Before kids line up, review with children what they can play with outside
  - ▶ Getting in line
- ▶ Once you get to the playground
  - ▶ Since you clean and disinfect at the end of playground time, you don't need to do clean when you arrive
  - ▶ Teacher roles upon arrival - guide children to activities/equipment they can play with



# Play Structure Recommendations

Seattle and King County Public Health recommends not using play structures when possible, unless they can be properly cleaned.

- ▶ Strategies to consider *if* using play-structures:
  - ▶ Limit number of children on structure at one time
  - ▶ Cleaning & disinfecting
    - ▶ [EPA-approved list of disinfectants](#)
    - ▶ High touch areas
- ▶ Wood Play structures should not be used as they cannot be properly cleaned.
- ▶ Try to engage in other activities on the playground

# Physical Distancing & Outdoor Activities

- ▶ Increase outdoor time
- ▶ Save some toys for just outside that you would normally have in your room
- ▶ Moving everyday activities outside
- ▶ Outdoor Activity Ideas
  - ▶ Sidewalk Chalk
  - ▶ Music & Movement
  - ▶ Visual Scavenger Hunt
  - ▶ Bubble Wands
  - ▶ Neighborhood & nature walks





# Transition From the Playground

- ▶ Cleaning and disinfecting at the end of outdoor time
  - ▶ Close larger items or toys that need to be cleaned 5 minutes before the end of outdoor time
  - ▶ One teacher cleans and another watches students
  - ▶ Activity during cleaning
- ▶ Getting back inside
  - ▶ Handwashing

# Considerations for ALL Children

- ▶ Children of All Abilities
- ▶ Mixed age classrooms for COVID-19 First Responders
  - ▶ Establishing a routine
  - ▶ Warnings, clear expectations
  - ▶ Additional time for transitions
  - ▶ Potential dysregulation when desired outdoor play items are not available
  - ▶ Planning for activities/ equipment for all developmental levels of kids in your class



# Questions & Contact Information

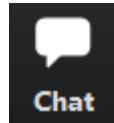


Northwest Center's *Inclusion Mentorship Program* for increased Access in Childcare Team  
(IMPACT): [IMPACT@nwcenter.org](mailto:IMPACT@nwcenter.org)



# Questions from Providers

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- To send your question to the chat box, click the enter key.
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- ❑ 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](http://www.kingcounty.gov/covid)

[www.kingcounty.gov/childcare](http://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.