



WHAT FAMILIES NEED TO KNOW

About Child Care During COVID-19

Child care and early education providers across the state have been working hard to understand and make the necessary changes to provide safe and nurturing care for your children.

Oregon continues to have the same child care regulations and the “Health and Safety Guidelines” for child care and early education programs during the COVID-19 pandemic. Issued in partnership with Oregon Health Authority, these guidelines add important measures to help reduce the spread of COVID-19. All child care that is open is operating as Emergency Child Care.

This guide includes what to expect from your provider, how your program might look different than before, and how to prepare and keep your family healthy and safe.



Looking for child care? Dial 211, text keyword children to 898211, or email children@211info.org.





Providers are Ready and Prepared

During the pandemic, you might be feeling overwhelmed, concerned, or worried. Providers across the state are stepping up by making a commitment to the health and safety of all children in care.

To remain open, each provider is required to complete a “COVID-19 Health and Safety Plan” and share with families. The plan explains how your child care provider will be following the [“Health and Safety Guidelines.”](#)

With the well-being of children and families in mind, providers are applying health and safety practices to their program operations before, during, and after care.

Following guidance from the [Oregon Health Authority](#), providers are informed and aware of when to exclude children and staff from the program. See “Exclusion Summary” on the following page for symptoms and when to keep your child from care.

The “COVID-19 Health and Safety Plan” includes a plan for responding to a confirmed case and, when necessary, a plan for closing the facility.

Providers will communicate with families if anyone at the facility has been diagnosed or has a presumptive case of COVID-19. Anyone exposed to the COVID-19 case will need to quarantine at home for 10 days. Providers will work with public health officials and the Office of Child Care to determine whether to close a classroom or entire facility.

Oregon
Health
Authority

[Oregon Health Authority](#) determined the following methods as the most important in reducing the spread of COVID-19 within child care and early education programs:

- 1 the use of face coverings
- 2 limiting physical contact where possible
- 3 restrictions on number of children in a group
- 4 the need for a stable group of children
- 5 cleaning and sanitation practices

EXCLUSION SUMMARY

for Child Care and Early Education Operations During COVID-19

UPDATED JANUARY 2021

If child or staff member has had illness with **fever**, **unusual cough**, new loss of taste or smell or shortness of breath in the last 10 days:



Person should be sent home. If person tests positive or does not get tested, they must stay away from the facility for 10 days after onset of symptoms and 24 hours after both **fever free** and cough resolves.

If a child or staff member has been exposed to someone with a current **presumptive case** or positive COVID-19 case:



The person must be excluded from care if they were exposed to a **presumptive case** or positive COVID-19 case during the **infectious period**.



If person tests negative for COVID-19, they may return 24 hours after resolution of cough and are **fever free**.

If the only symptom was a **fever** and a medical professional advised the person can return to care, they may do so if they have been **fever free** for 24 hours. A medical professional must provide documented advice.

Exposed person must **quarantine** for 10 days. Start counting 10 days from the last time the person had contact with a **presumptive case** or confirmed case while the case was in the **infectious period**. For household contacts, quarantine starts the day after the infectious period ends.

If a child or staff member develops symptoms listed in column 1 or learns they have been exposed to a positive or **presumptive case** while at the facility:



Separate the person until they can leave the facility and send home as soon as possible.

If a child or staff member has a household member with symptoms of COVID-19 who is not a **presumptive case** or confirmed case:



Carefully monitor the person for symptoms. Encourage the ill household member to get tested.

Remember to check for the normal (non-COVID) childhood illnesses:



Diarrhea, vomiting, headache with a stiff neck, "pink eye," rash, etc.



Child may return to care after 24 hours symptom-free (48 hours for vomiting or diarrhea).

Important Definitions

Unusual cough means out of the ordinary for this person – e.g., not usual asthma or allergies.

Fever means 100.4 degrees Fahrenheit or more.

Fever free means a temperature less than 100.4 degrees Fahrenheit without the use of fever reducing medication.

Exposure means close contact with a COVID-19 case (less than six feet) for longer than 15 minutes in a 24-hour period.

Presumptive case means a person who was exposed to a positive COVID-19 case and has developed symptoms.

The **infectious period** is two days before to 10 days after the person with COVID-19 first becomes symptomatic. If the COVID-19 case doesn't have symptoms, infectious period is 2 days before the day the test was taken (not the day they got their test result) to 10 days after.

Quarantine means you stay away from other people when you may become sick, even if you have no symptoms. Quarantine should last at least 10 days. Quarantine may be shortened to 7 days if: you take a test between days 5 and 7 of your quarantine, the test is negative, and you don't have symptoms.

Children cannot be denied care because of the fear of transmission of COVID-19:

In addition to Oregon laws prohibiting discrimination, a provider cannot refuse to enroll a child in the program based on a belief that the child is more susceptible to contracting COVID-19 due to the child's or parent's occupation, race, ethnicity, geographic location, disability, or pre-existing health condition.

For more information, visit oregonearlylearning.com/COVID-19-Resources. Providers can also submit questions by emailing ProviderContact@state.or.us.



Activities and Routines

DROP-OFF AND PICK-UP

- Drop-off and pick-up will mostly take place outside with considerations for inclement weather, while maintaining at least six (6) feet of physical distance.
- Fever and health checks will occur daily during drop-off.
- Drop-off and pick-up times may be staggered for safety.

FACE COVERINGS

- Parents, staff, and children kindergarten age and older must wear a face covering at all times. Face coverings must align with [CDC guidelines](#).
- Infants and sleeping children will **NEVER** wear a face covering. If a parent or provider requests, children ages two to four years may wear a face covering if:
 - the face covering fits the child's face measurements, **AND** the child is able to remove the face covering themselves without assistance.
- If your child is 2 years of age or older, have a conversation with them about wearing a face covering and encourage role-play activities that help the child practice and become more familiar with face coverings.
- Let your child know that adults in their program will be wearing face coverings to help prevent the spread of germs.

The day may look a little different, but children can still have fun.

Children can still enjoy activities that promote creativity and imagination during playtime and outdoor field trips. Providers will make sure that your child spends as much time as possible outside. Providers will focus on small group games and activities, and during naptime children will be spaced 36 inches apart.

Programs must maintain stable groups. “Stable” means the same group of children and staff are in the same group each day. Stable group sizes depend on the type of child care facility. Each stable group will use common areas (bathrooms, play areas, etc.) separately.

Child care will be playful and CLEAN.

Toys, surfaces, play equipment, and classrooms will be cleaned thoroughly and regularly. Washing and sanitizing hands will happen frequently throughout the day. Whenever possible, children will use individual materials rather than shared. Toys and hands will be washed after each activity. Right now, not sharing is caring.

Snacks and meals will be served individually.

Snacks and meals will be served to each child, rather than sharing from communal dishes. Breastfeeding parents, or parents or caregivers whose children have special feeding needs and will be provided an appropriate, clean space at the provider home or facility.





How to Prepare Your Child for Care

Providers have been taking steps to prepare for children and help you and your child feel safe and confident. Here are some ideas to consider as you prepare your family for child care.



CHILD CARE CHECKLIST

- ✓ Determine when your child will return to care.
- ✓ Discuss concerns or questions you have about child care and how you can work with your provider and address them together.
- ✓ Discuss any health concerns or conditions that might cause your child or family to be at higher risk for complications if exposed to COVID-19.
- ✓ Develop a back-up care plan if your child care facility needs to temporarily close or if your child or a family member becomes ill and is required to self-quarantine due to COVID-19.



FINDING CHILD CARE

You can choose the child care program that best suits your needs by contacting 211info:

- Call 211. Listen to the prompt for Child Care and press the specified number.
- Text the keyword “children” or “niños” to 898211 (TXT211).
- Email children@211info.org.
- Click [here](#) to visit the website.

HOURS: Monday – Friday: 7 a.m. to 11 p.m.; Saturday – Sunday: 8 a.m. to 8 p.m.

Families who need financial assistance, click [here](#) to learn about the [Employment Related Daycare \(ERDC\) program](#).



TIPS TO HELP PREPARE YOUR CHILD

Taking your child's temperature before leaving for child care can help prevent transmission, and help your child feel more comfortable.

Be clear with your child about what to expect when they arrive and why these new steps are in place.

Consider the following explanations:

- They will check for fever by asking questions or taking your temperature. They do this to keep everyone safe and healthy.
- I'll say goodbye outside when I drop you off, and you can go inside with your friends.
- When I pick you up, I'll be outside waiting for you.

If children ask about people wearing face coverings, you can explain:

- Sometimes people wear face coverings to stay safe.
- Sometimes people wear face coverings to be a germ buster.
- Sometimes people wear face coverings when they are sick.
- We wear face coverings to keep our friends safe. Germs are invisible!



RESOURCES FOR CHILDREN AND FAMILIES

The Centers for Disease Control (CDC) has tips to help children with their social, emotional and mental well-being: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>

The Zero to Thrive organization has compiled resources for both parents and childcare providers to cope with COVID-19 pandemic: <https://zerotothrive.org/covid-19-parents/>

Georgie and the Giant Germ is a downloadable book to help children understand COVID-19: <https://tenderpressbooks.com/georgie-%26-the-giant-germ>

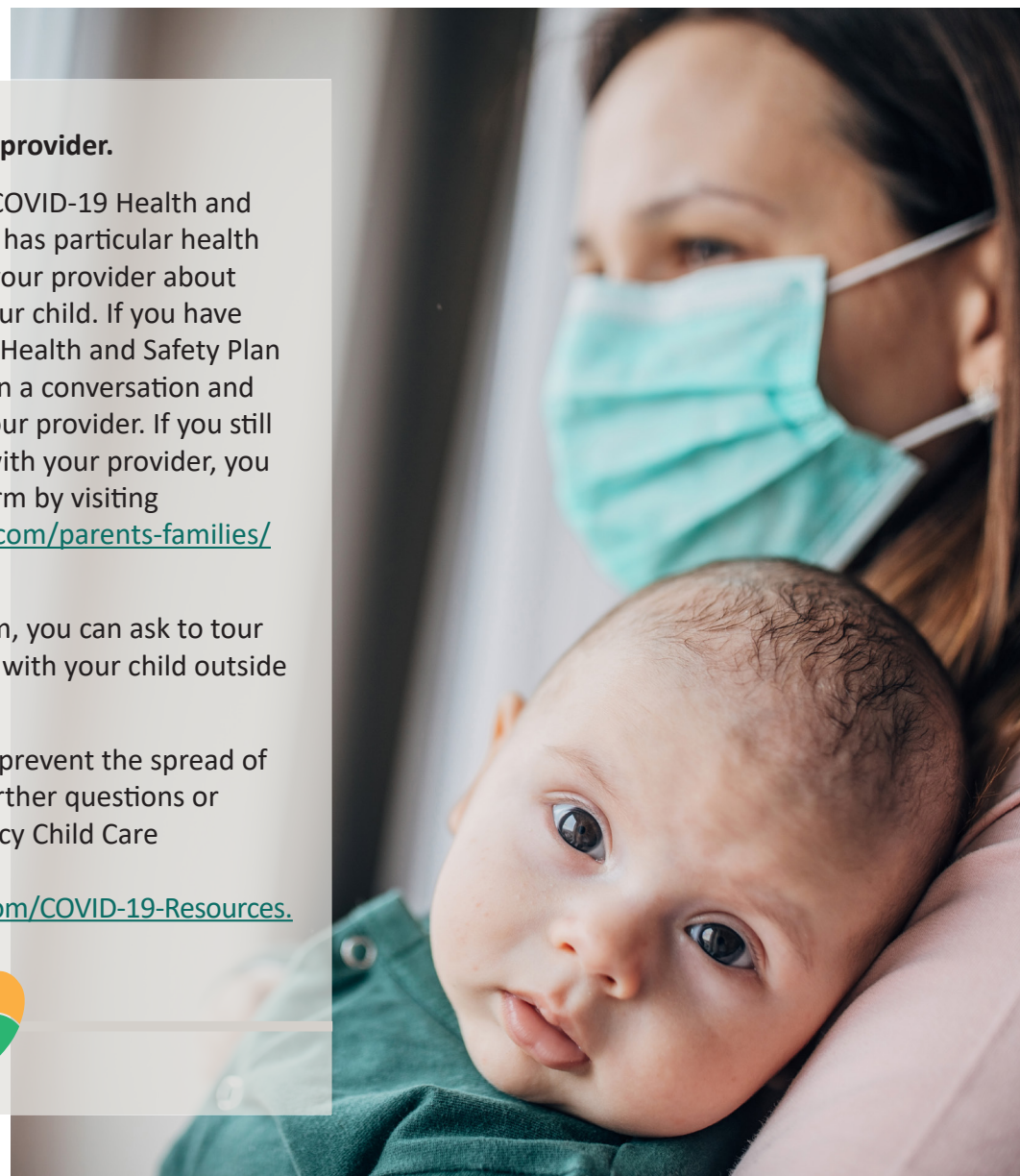
The Early Learning Division has compiled COVID-19 related resources for families here: <https://oregonearlylearning.com/COVID-19-Resources/For-Families>

Working together with your provider.

Ask your provider for their “COVID-19 Health and Safety Plan” and if your child has particular health needs, you should talk with your provider about developing a care plan for your child. If you have any concerns about how the Health and Safety Plan is being carried out, engage in a conversation and share these concerns with your provider. If you still have concerns after talking with your provider, you can complete a complaint form by visiting <https://oregonearlylearning.com/parents-families/making-a-complaint/>.

If you are new to the program, you can ask to tour the provider home or facility with your child outside of business hours.

By working together, we can prevent the spread of COVID-19. If you have any further questions or concerns about the Emergency Child Care requirements, please visit <https://oregonearlylearning.com/COVID-19-Resources>.



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