

# HEALTH AND SAFETY GUIDANCE

for Family, Friend, and Neighbor license exempt approved  
ODHS child care providers providing child care during COVID-19



This guidance is a joint effort by Oregon Department of Human Services (ODHS) and Early Learning Division (ELD), Oregon Department of Education



## INTRODUCTION

The *Health and Safety Guidance* is for Family, Friend, and Neighbor (FFN) license-exempt child care providers caring for families receiving child care subsidy during COVID-19. The purpose of this Guidance is to provide information and best practices to help lower the risk of spreading COVID-19 in your child care home. These are recommendations and are not mandatory, unless noted.

Safe child care is important to helping families through the COVID-19 pandemic. You can learn more about the COVID-19 pandemic in Oregon by visiting:

<https://govstatus.egov.com/or-covid-19>

<https://public.tableau.com/profile/oregon.health.authority.covid.19#!/vizhome/OregonCOVID-19CaseDemographicsandDiseaseSeverityStatewide/DemographicData>

## SPREAD OF COVID-19

According to the World Health Organization, COVID-19 spreads in the following ways:

- From person to person, mainly by droplet and contact transmission.
- Carried in droplets from the mouth or nose when an infected person speaks, coughs, sings, or sneezes.
- A person who touches a surface or object that has the virus on it, then touches their eyes, nose or mouth before they clean their hands can also become infected.

Also, an infected person can transmit the virus to others 2 days before symptoms start and earlier in the course of illness.

**Find out more information about COVID-19:**

<https://www.who.int/news-room/q-a-detail/q-a-how-is-covid-19-transmitted>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Children>

## RESPONDING TO POSSIBLE OR CONFIRMED CASES OF COVID-19

1. **Have a plan for a case of COVID-19 and the possibility your child care may need to close. You will need to follow the direction of the local Public Health Authority.**
2. **You should not allow children or adults at your home if they show COVID-19 symptoms. Below are common COVID-19 symptoms:**

The person has had new loss of taste or smell, a fever, unusual cough, or shortness of breath in the last 10 days.

- “Unusual cough” means out of the ordinary for this person (e.g., not asthma or allergies).
- Fever means 100.4° Fahrenheit or more, without using fever-reducing medication (like Tylenol).

The person should stay away from your home for 10 days after onset of symptoms and 24 hours after both fever and cough resolve, without the use of a fever-reducing medication.

If a person develops these symptoms while already at your home, send them home as soon as possible. Try to keep them separate from others – while still supervising them - until they can leave.

- If the person tests negative for COVID-19, they can return 24 hours after resolution of cough and fever (without the use of fever-reducing medication).
- For fever only (without cough or shortness of breath) as long as they have not had a positive test, the person can return to care if they are advised by a doctor or medical professional to do so. You may ask for a doctor’s note.

3. **You should not allow children or adults in your home if they have been exposed to COVID-19.**

This means the person has been exposed to someone with a current presumptive or positive case of COVID-19.

- “Exposure” means close contact (less than six feet) for longer than 15 minutes, in a 24 hour period, with a COVID-19 case.
- “Presumptive case” means a person who was exposed to a positive COVID-19 case and developed symptoms but didn’t get tested.

Contact local Public Health Authority and follow their directions. Find your local Public Health Authority at <https://www.oregon.gov/oha/PH/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/lhd.aspx>

The exposed person should quarantine for 14 days, starting from the last time they had contact with the person with the COVID-19 case.

If a person learns they have been exposed to COVID-19 when they are already at your home, send them home as soon as possible. Try to keep them separate from others – while still supervising them, until they can leave.

- 4. Requirement: Providers must immediately notify the Local Public Health Authority if they have been exposed to, infected with, show symptoms of, or are self-isolating or in quarantine due to COVID-19.**

Note: Providers do not lose subsidy payments due to having a COVID-19 case or closing due to COVID-19. Temporary changes have been implemented to help providers and families, and you can view these changes at

<https://www.oregon.gov/dhs/ASSISTANCE/CHILD-CARE/Pages/ERDC-COVID19-Emergency.aspx>

ODHS can help connect you and your families to services and benefits.

- 5. Communicate about the confirmed case (with help from your Local Public Health Authority) with all families and other individuals who have been in your home the past 14 days. This helps with contract tracing, which will help control the spread of COVID-19 in your community.**
- 6. Sign up for the OHA COVID-19 newsletter at <https://govstatus.egov.com/OR-OHA-COVID-19>.**

## GUIDANCE/RECOMMENDATIONS

### 1. Drop-off and Pick-up

- Allow drop-off and pick-up to occur at the entrance or directly inside your home.
- Have parents wear a face covering.
- Have parents keep at least six (6) feet apart from others when not physically handing off the child to / from you.
- Have children wash their hands or use hand sanitizer right away when they enter.

If you use hand sanitizer, it should be between 60%-95% alcohol. Always supervise children when using it and store it out of children's reach.

You should complete the sign-in and sign-out of children. That way, the parent isn't touching the pen or paper, and potentially spreading virus.

Talk with families and discourage those at higher risk of contracting COVID-19 from serving as the designated person for drop off or pick up. People with serious underlying medical conditions are more at risk for severe illness from COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

### 2. Daily Health Check

Check the health of anyone (child, parent, maintenance, etc.) coming into your home. Questions to ask:

- Do they have a fever (100.4 F or higher)? Or, take their temperature. If they have a fever, they should be sent home.
- Have they been exposed to a person with COVID-19 or a presumptive COVID-19 case in the past 14 days? If yes, they should not come into your home and quarantine for 14 days from the date they had last contact with the COVID-19 case.
- Does the person have a new loss of taste or smell, unusual cough, shortness of breath or a fever? If yes, the person should not come into your home. They should stay away for 10 days, and 24 hours without symptoms. For fever only (without cough or shortness of breath), they may return if they see a medical provider or doctor who says it is not COVID-19. You may ask for a doctor's note.

\*Remember: The illnesses you would be looking for during normal (non-COVID) times will continue to show up. Know when to send a child home, such as for symptoms of diarrhea, vomiting, headache with a stiff neck, "pink eye," rash, etc. The child may return 24 hours after symptoms resolve, or with approval from a medical professional.

### **3. Family Communication**

Inform families of these recommendations for operating during COVID-19, and how your child care is operating differently during this time.

Communicate your requirements for families including drop-off and pick-up procedures.

You are encouraged to limit people coming into your home, except for parents.

- Physical distancing is one of the most effective strategies for helping to reduce the spread of COVID-19. It is not always possible to maintain physical distancing while providing child care. It is suggested to limit physical contact when possible, use face coverings, maintain stable groups of adults and children, frequent handwashing, cleaning, and sanitation.
- Always allow family members to enter your home if they are concerned for the health or safety of their child.
- Allow parents who are breastfeeding or who need to support their child with special feeding needs to come into the program to feed their child. Give them an appropriate space where other children are not present, if requested. Clean and sanitize that area between visits.

### **4. Face Covering Recommendations**

Face coverings give significant protection and are the best way to prevent someone who has COVID-19 from spreading it to others. Face coverings come in three forms: cloth face coverings, plastic face shields, and medical-grade face masks. Cloth face coverings have the advantage of creating a near-complete seal on sides of the face. Recently, Oregon Health Authority has recommended against plastic face shields except when necessary for situations like people who are hard of hearing/deaf, and those who communicate with them.

Note: Face coverings, face shields, and masks are not safe for children younger than two years, or children who cannot take it off by themselves. They may not be practical for preschool-aged children or for some children with developmental delays and disabilities.

- You, and any visitors, are recommended to wear a face covering when in the area where you are caring for children. Wearing a face covering is one of the key ways to reduce the spread of the virus. Here are the CDC guidelines for face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- Consider having children over the age of two years wear a face covering. Children should not wear a face covering if they:
  - are under age 2, or
  - are sleeping/laying down to sleep, or
  - are not able to remove the face covering by themselves.

## 5. Handwashing

Washing hands frequently is an important way to stop the spread of COVID-19, and many other germs and diseases, too.

You and the children should wash hands frequently. Wash for at least 20 seconds with soap and water.

Hand sanitizer can be used instead but is not a good substitute when working with food (preparing, serving a child, eating), after changing diapers, or using the toilet. When you use hand sanitizer:

- It should be 60-95% alcohol.
- Children must be supervised when using hand sanitizer, and it must be stored out of reach of children when not in use.
- Hand sanitizer must not be used on children under the age of two years.

## 6. Food and Nutrition

Wash hands before and after you eat, and when assisting children with eating.

If you have family-style meals, you should serve everyone – don't have the children serve themselves.

If space allows, consider providing six feet of physical distancing between children during meals.

## 7. Clean, Sanitize, and Disinfect

Remember: you must follow any requirements under the rules for ODHS child care provider health and safety requirements. Cleaning, sanitizing, and disinfection are important tools to reduce the spread of COVID-19. While person-to-person interaction is the main way COVID-19 is spreading, the virus can also spread via contaminated surfaces. When a healthy person touches a surface contaminated with COVID-19 and

then touches their face, eyes, or mouth, they risk getting infected. More frequent/thorough cleaning will help reduce the chance of spreading COVID-19.

Know the differences between “clean” and “sanitize” and “disinfect.”

- Cleaning removes dirt, grime, and germs. Cleaning works by using soap / detergent and water to physically remove those things from surfaces. This process does not kill germs, but by removing them, it reduces germs and the risk of spreading infection. Cleaning also makes sanitizing and disinfecting more effective.
- Sanitizing lowers the number of germs to a safe level, as judged by public health standards.
- Disinfecting kills germs on surfaces or objects.

**For more information and the latest updates, visit**

<https://oregonearlylearning.com/COVID-19-Resources>

<https://www.oregon.gov/DHS/assistance/child-care/pages/index.aspx>

#### **Questions?**

Email ODHS at [customerservice.dpu@dhsosha.state.or.us](mailto:customerservice.dpu@dhsosha.state.or.us) or ELD at [ProviderContact@state.or.us](mailto:ProviderContact@state.or.us).

If you need accommodations with any section, please email [ProviderContact@state.or.us](mailto:ProviderContact@state.or.us) or call 1-800-556-6616.