

Childcare and Family Day Care Centers

COVID Q & A

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January 7, 2021

Thank you!

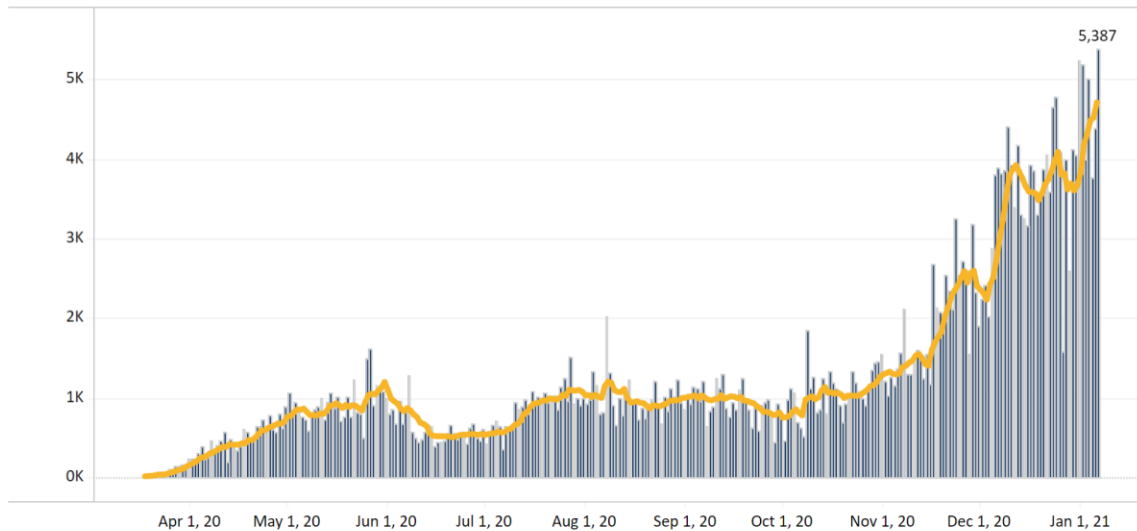


Daily Data 1/6/21

All Virginia

Number of New Cases Reported [^]	7-Day Average Number of Daily New Cases Reported	7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population	Total Number of New Cases per 100,000 Population within last 14 days
5,387	4,708	55.3	682.9

Report Date Daily Cases Counts - All Localities

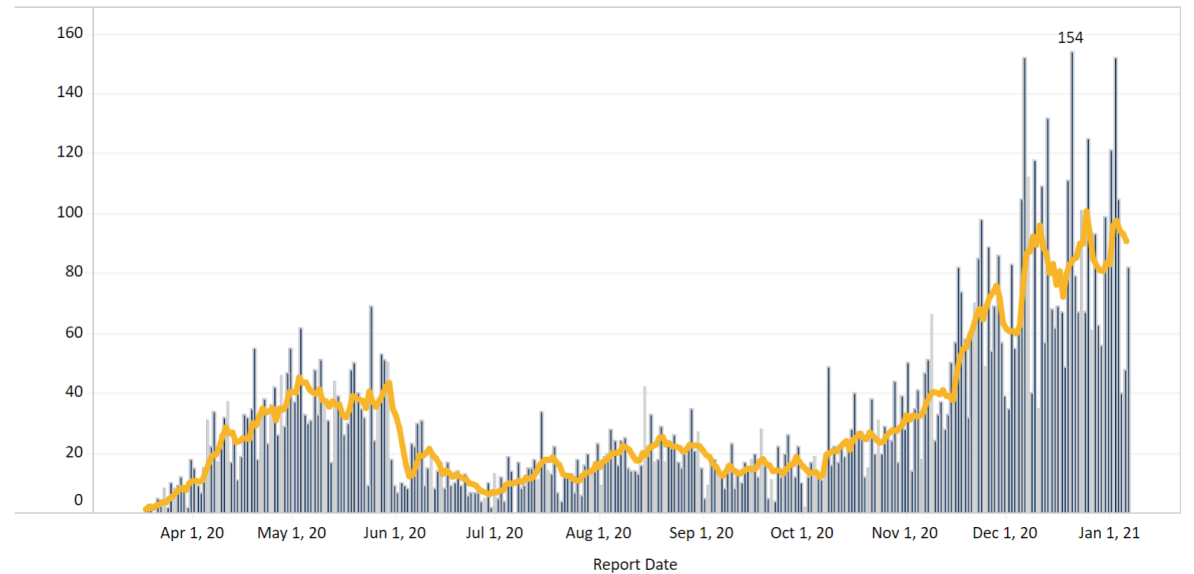


[Locality – Coronavirus \(virginia.gov\)](http://virginia.gov)

All Arlington

Number of New Cases Reported [^]	7-Day Average Number of Daily New Cases Reported	7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population	Total Number of New Cases per 100,000 Population within last 14 days
82	91	38.1	504.4

Report Date Daily Cases Counts - Arlington



Questions to Address

1. How is COVID-19 transmitted?
2. What infection prevention guidelines should we follow?
3. What is a case? What is a contact?
4. What should we do with symptomatic students/staff?
5. Have the recommendations for quarantine changed?
6. What do I do if I am notified of a case amongst a student or staff member at my school?
7. What will the Health Department do if a COVID-19 case is identified?
8. Should we test/quarantine students/staff who return from travel or illness?
9. What should we do if family members test positive?
10. When will the vaccine be ready for students/staff?

1. How is COVID-19 transmitted?

- **Respiratory droplets (primary method)**
 - Breathing/Talking: 6 feet
 - Coughing/Sneezing: >6 feet
 - Masked: <1 foot
 - Airborne transmission with suspended droplets
- **Contact with secretions**
 - Sharing food or drink
 - Touching a contaminated surface or secretion and then touching one's eyes, nose or mouth
 - Variable virus survival time depending on type of surface






CDC Public Health Image Library

2. Infection Prevention

- Review all the CDC and VDH Guidelines for Child Care Centers
- Be outside as much as possible; keep fresh air flowing into rooms
- Post signage and enforce the use of cloth face coverings, frequent handwashing maintaining physical distancing as much as possible
- Screen center staff and kids with questions about family members and exposures
- Stay home when sick or a household member is sick
- Co-hort students and staff and not mixing groups –
 - No joint rooms, shared staff, travelling teachers
- Communicate electronically rather than in person
- It's your center, you can make rules that are stricter than Public Health Guidance

3. Definitions: Case, Contact and "Contact of a Contact"

WHAT IS A CASE?	WHAT IS A CONTACT?	WHAT IS A CONTACT OF A CONTACT?
		
A patient has a diagnosis of COVID-19.	An individual had close contact while the case patient was infectious.	An individual had or continues to have close contact with a contact.

ISOLATE

QUARANTINE

OBSERVE

What is close contact?

According to VDH, close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period or **having direct exposure to respiratory secretions.**



If you had close contact with a person who has been diagnosed with COVID-19, self-quarantine (stay home) and monitor your health for **symptoms of COVID-19** for 14 days after your last contact.

<https://www.vdh.virginia.gov/coronavirus/local-exposure/>

4. What should we do with symptomatic students/staff?

- All students exhibiting any symptom of COVID-19 that is new or unusual for them should not come to school or be sent home and are **recommended healthcare provider evaluation** before returning to school.
 - ❑ Symptoms of COVID-19 include fever ($\geq 100.4^{\circ}\text{F}$) or chills, fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of breath or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset poor appetite or poor feeding.
 - ❑ Testing for COVID-19 is recommended if someone is symptomatic
 - ❑ Students should provide a healthcare provider note (with alternative diagnosis) or a negative COVID result to return to school.
 - ❑ Students are recommended to be excluded for at least 10 days if no clinical evaluation is performed on the symptomatic child.
 - ❑ Students with close contact to a case should quarantine for 14 days after last contact with case.
- [For more information, see the VDH algorithm for students: https://www.vdh.virginia.gov/content/uploads/sites/182/2020/10/Child-School-COVID-19-Algorithm-Infographics2020-FINAL.pdf](https://www.vdh.virginia.gov/content/uploads/sites/182/2020/10/Child-School-COVID-19-Algorithm-Infographics2020-FINAL.pdf)
- VDH guidance for staff: https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/Home-IsolationQuarantine-Release-Graphic_FINAL.pdf

More Definitions and Key Terms

Date of Symptom Onset:

When the person started noticing symptoms;

If they didn't have symptoms, the date they were tested (if +)

Infectious Period

When a person with COVID-19 can pass the virus on to others

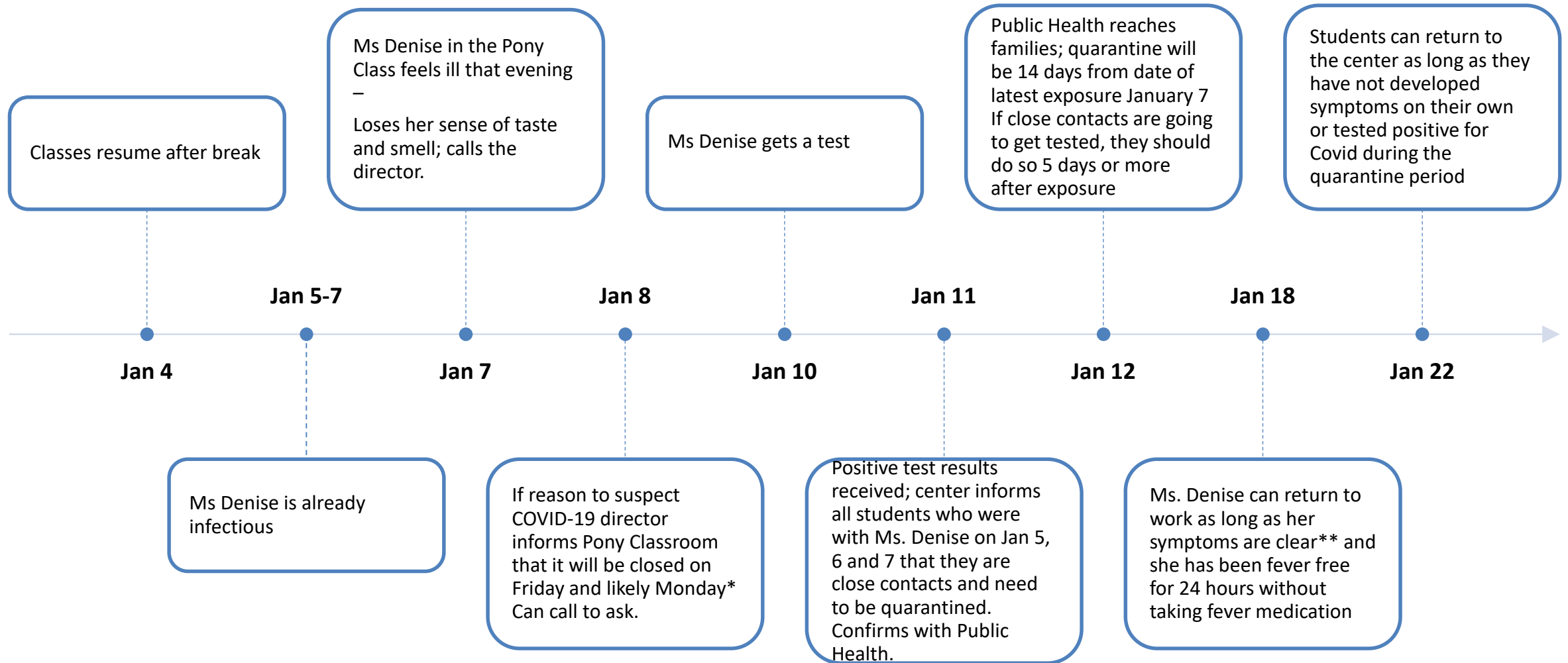
Starts 2 days before symptom onset and can last up to 10 days in most cases

Incubation Period

Time between the initial infection and the onset of signs and symptoms

2-14 days which is why the quarantine period is 14 days

Timeline of a Case and Her Contacts



5. Have the recommendations for quarantine changed?

- Quarantine guidance was updated by the CDC in December
 - Shorter timeframe of quarantine meant for those who cannot remain in the household for reasons of financial hardship
- Arlington Public Health Division still recommends 14 day quarantine period
 - Arlington Public Schools will be using 14 days as well
- What if someone has a negative test during quarantine, doesn't that mean they won't get Covid?
 - No, a negative test means they don't have it at that time
 - They may still develop it, especially if they tested early

6. What do I do if I am notified of a case amongst a student or staff member at my school?

Report to childcarecentral@arlingtonva.us and call 703-228-5200 Option 1 and ask for a Locations Team member to call you

Please have ready:

- The case's name and address, date of symptom onset and last date in the center
- Let us know if you've already notified families
- Be prepared to send us a list of the close contacts with a phone number for the parent, the home address and the date of exposure

When you don't need to call us

- You are excluding a child or teacher because they were a close contact of someone else
- When you send someone home or they are excluded for symptoms

**BUT DO CALL US or EMAIL IF YOU HAVE
?????**

7. What will the Health Department do if a COVID-19 case is identified?

- ACPHD will talk to the center director about what is known; may involve several calls
- Depending on where the case and contact lives the health department will be in touch for a case investigation for the case and to explain quarantining to the close contacts
- If more than one case occurs, an outbreak investigation will be done to address additional questions
 - Adults versus children; one classroom versus multiple rooms; direct contacts versus no evidence of contact
- Based on investigation, interventions may include
 - Dismissal of class for 1-2 days for cleaning and investigation; quarantine of individually identified contacts based on case investigation

COVID-19 Testing for Identified School Contacts

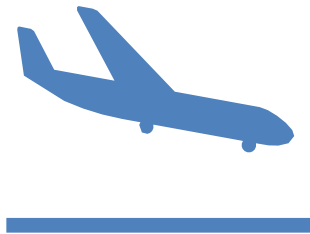
- Testing is recommended for all confirmed contacts to a COVID case
- Testing is recommended 5-7 days after exposure or when symptoms start
- Requiring a negative test result to return to school for teacher or student is not recommended; use the time and symptom strategy instead; may ask for a medical provider clearance or end of monitoring email from the health department (not all give these)
- [Check out Information on Coronavirus \(COVID-19\) Testing - Health \(arlingtonva.us\)](#)

Confidentiality & Data

- We can advise on quarantine and isolation periods based on what you tell us
- We cannot share others private health information with you
- Not all families choose to be monitored through public health so it is important that you stay in contact with families
- VDH will be sharing outbreak data on its dashboard by name
 - If fewer than 5 cases, there will be an asterisk in the number column

9. Should we test/quarantine students/staff who return from travel?

- While VDH discourages nonessential travel, Virginia does not currently require testing or quarantine for those returning from travel.
 - CDC guidance on domestic travel: Avoid if possible. Maintain social distance. Wear facial covering. Avoid crowds. Get tested if exposed and/or symptomatic.
 - CDC guidance on international travel: All above plus stay home for 7 days after travel, get tested 3-5 days after travel but still stay home 7 days, safest to stay home 14 days, avoid high-risk individuals so as to not infect them, follow state/local guidance on social distancing.
- You may ask for students to quarantine for 14 days if students after travel especially to a hot spot or to a large gathering.



10. What should we do if family members test positive?

- If a family member lives in the same household as the student/staff, they are considered a close contact.
- Those who have had close contact with a person who has been diagnosed with COVID-19 should quarantine for 14 days after last contact.
- If not living in the same household as the student/staff, follow public health guidance to determine if close contact has occurred.

Frequent Questions

Ms. Maddie has Covid and we quarantined Giselle because she was in Ms . Maddie's class, do we need to quarantine her brother Joseph too?

- No, Joseph is a Contact of a Contact
- You would quarantine Joseph if/when Giselle or anyone else in her family develops symptoms or tests positive

Teacher Mr. Macy's girlfriend has Covid, what should we do?

- If Mr. Macy was in close contact with his girlfriend during her infectious period, Mr. Macy should not come to the center for the entirety of his quarantine period which begins on the day of his last contact with her or the end of her infectious period if they cannot isolate from one another

What about household contacts – why is their quarantine period longer?

11. When will the vaccine be ready for staff?

- Currently vaccinating those in group 1a
- Childcare/K-12 providers are in Group 1B (# 3 in the list of 8 groups)
- We do not have dates for the availability of vaccine for Group 1B yet nor for children



[Phase 1b In Depth \(virginia.gov\)](https://www.virginia.gov)

We will send a notification in partnership with Childcare Central

What You Can Do?

1. Notify the Health Department of all known cases
2. Assist the Health Department in identifying close contacts in your facility when a case is identified
3. Ensure that students and staff members in isolation or quarantine status do not attend in-person during that time
4. Contact the Health Department at 703-228-5200 option 1 for any questions
5. Review the VDH guidance for school-aged children and when to end isolation or quarantine

Where can you find resources?

- [CDC- https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-faq.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-faq.html)
- [VDH- https://www.vdh.virginia.gov/coronavirus/schools-workplaces-community-locations/k-12-education/](https://www.vdh.virginia.gov/coronavirus/schools-workplaces-community-locations/k-12-education/)
- Arlington County- <https://www.arlingtonva.us/covid-19/>
- VDH – When to end Isolation or Quarantine - [VDH D/C I&Q English 12.7.2020 \(virginia.gov\)](#)

Remember Prevention in All Parts of One's Life

**Maintain protective behaviors
in the community and at home too!**

Thank you all so much for the work you do!

Questions?