

# Caring for Children during COVID-19

COVID-19 has affected every aspect of American life. Social distancing and staying healthy with children is challenging for parents, care givers, childcare providers and school staff. It will take a community effort to mitigate the risk of COVID-19.

Please continue to follow recommendations from the Minnesota Department of Health (MDH) and Centers for Disease Control and Prevention (CDC), including:

- Avoid handshaking and use other non-contact methods of greeting, such as a wave or smile.
  - All staff and children should wash hands more frequently, and for at least 20 seconds each time.
  - Disinfect areas more frequently, including door knobs, sign-in and sign-out areas, iPads, toys, tables, shelves, etc. When you cannot disinfect, use soap and water.
  - Alter schedules to reduce mixing (e.g., stagger large muscle activities/outside time). This is not as easy in homes, but the idea is to set-up play so the kids stay farther apart.
  - Reconfigure spaces to separate areas. Be creative and use items on hand (boxes or laundry baskets) as visual cues for a play area/barrier.
  - Closely monitor children for any signs of illness and separate them from other children until they are picked up.
  - If the provider or provider's family shows any cold or flu-like symptoms, the provider must decide if their childcare will stay open or close. Call MDH if questions: (651) 201-3920.
  - If the provider is sick and there is a reason to believe they may have COVID-19, and where there is the ability to test, we request that they attempt to get tested; however, this may not be available. If a test cannot be obtained, check in with a medical provider or eCare (e.g., Virtuwell, etc.) to get guidance.
  - Avoid touching eyes, nose, and mouth with unwashed hands. Kids LOVE to do this – all we can do is encourage hand washing.
- Cough or sneeze into an elbow or use a tissue. Immediately place the tissue in the trash, and wash hands.
    - Children may have completely unrelated coughs—if they have not met screening criteria on arrival, use your judgment to decide when/if to call parents/guardians for pickup.

Source: [https://mn.gov/dhs/assets/communication-to-child-care-providers-following-exec-order-20-02\\_tcm1053-423087.pdf](https://mn.gov/dhs/assets/communication-to-child-care-providers-following-exec-order-20-02_tcm1053-423087.pdf)



## Tips to Help

1. Consider screening for illness on arrival, as children arrive for care or come home. This MDH tool was developed for child care use: [www.health.state.mn.us/diseases/coronavirus/schools/ccscreen](http://www.health.state.mn.us/diseases/coronavirus/schools/ccscreen).
2. Have supplies on hand for all children, students, providers and family. Recommended supplies include:
  - Liquid soup
  - Paper towels
  - Running water
  - TissuesIf soap, water and paper towels are not readily available, provide alcohol-based hand rubs (ABHR) for use if hands are not visibly dirty. Only ABHR with 60% alcohol or more is recommended for use during the COVID-19 pandemic.

## Frequently Asked Questions

### ***Can kids still play on equipment?***

Yes, but stagger use and keep groups small. Surface exposure is not proven and is suspected to be very low-risk.

### ***I am running out of diaper wipes. What do I do?***

Wash cloths are an alternative – single use or one use per child. Or, you could make your own, homemade diaper wipes. Here is an easy homemade baby wipe solution recipe to try that uses ingredients you may already have.

- 2 cups water
- ½ cup baby oil
- ½ cup baby wash

Store the baby wipe solution in a sealable container and dip your cloth baby wipe into the solution. It is better to make smaller batches of the baby wipe solution more frequently, rather than a single large batch, as you do not want your baby wipe solution to turn musty.

### ***I am running out of Clorox wipes, bleach, etc. What do I do?***

DHS is putting together a proposal for relaxing some of the licensing standards during the COVID-19 pandemic; however, having these cleaning supplies is not likely one they are considering relaxing.

Bleach alternatives are an option. Always remove any visible organic materials (e.g., poop, vomit, spit-up) first, then wipe. Use soap and water if other cleaners are not available.



### ***I recently travelled in the U.S. Do I need to be worried?***

Please check the CDC Domestic Travel Guidance for more information:

- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>.

Non-essential travel is discouraged. If someone has travelled to an area the CDC identifies as a Level 3 area, persons are encourage stay home to monitor their symptoms for 14 days.

## General Exclusion Guidelines

Consider screening children for illness when they arrive to your care. This MDH tool was developed for child care use:

- [www.health.state.mn.us/diseases/coronavirus/schools/ccscreen](http://www.health.state.mn.us/diseases/coronavirus/schools/ccscreen)

Medical provider notes are not required during this time.

Carver County Public Health  
600 Fourth Street East  
Chaska, MN 55318-2102



CARVER  
COUNTY



Public Health  
Prevent. Promote. Protect.

Phone (952) 361-1329  
Fax (952) 361-1360  
public-health@co.carver.mn.us  
[www.co.carver.mn.us](http://www.co.carver.mn.us)

Healthy Carver for a Lifetime