

# Child Care Guidance Documents

## Center for Disease Control (CDC)

### [CDC Child Care, Schools, and Youth Sports](#) Check this first!

- Child care programs that are currently open
- Child care programs that are deciding to open
- Ongoing mitigation strategies
- Prevention and support: FAQs, talking with children, checklist for teachers/parent, tips for parents
- Communication resources

### [CDC: FAQs for Administrators, Teachers, and Parents](#)

- Planning and Responding to COVID-19 – includes information on children with asthma who use breathing treatments
- Dismissals
- Recent Travel

## Arizona Department of Health Services (ADHS)

### [ADHS Childcare Guidance Letter](#)

### [ADHS COVID-19 Schools \(Childcare & K-12\)](#)

### [ADHS COVID-10 Fact Sheet for Schools and Childcare](#)

### [ADHS Recommendations after Receiving Test Results](#)

### [ADHS COVID-19 Data Dashboard](#)

## Pima County Health Department (PCHD)

### [PCHD Childcare Guidance for COVID-19](#)

### [PCHD Person Under Investigation \(PUI\) & close Contact At-Home Guidance](#)

## Governor [Executive Orders](#)

## Whitehouse [Guidelines: Opening Up America Again](#)

## Hotlines

Arizona COVID-19 Hotline: 211 or 1-877-211-8661

ADHS: 1-844-542-8201 If you have symptoms or have been exposed to COVID-19

## Posters

[PCHD Printable Materials](#)

[CDC Print Resources](#)

## Pandemic (Influenza) Preparation

[CDC Childcare Pandemic Influenza Planning Checklist](#)

[AAP Preparing Child Care for Pandemic Influenza](#)

# Other Resources

## COVID-19 FAQs

[American Academy of Pediatrics \(AAP\) Guidance: FAQs](#)

[CCR&R FAQs](#)

## Resources for Health and Safety Best Practices

[COVID-19 Questions-CFOC Crosswalk](#) Links to best practices for questions related to COVID-19

[Caring for Our Children](#) (CFOC) A resource for best practices. You can download the book or search on the website. Many of the CDC recommendations include information from CFOC.

[Model Child Care Health Policies](#) These are detailed and based on best practices. They may assist in thinking through different topics.

## Organizations/Agencies/Other

### National

[Child Care Aware](#)

[Zero to Three](#)

[NAEYC](#)

[Head Start: ECLKC](#)

[USDA Food and Nutrition Services: COVID-19](#)

### Arizona

[Child Care Resource & Referral \(CCR&R\)](#)

**Note: CCR&R asks that you update them if you are closing or reopening.**

[First Things First:](#) Essential Services, Parenting Resources, Learning at Home

[United Way:](#)

First Focus on Kids – weekly emails with updates and resources, email [Jessica Novak](#)

[South Pima Resource Guide](#)

[Garden Kitchen](#) Covid-19: Food Security, Sanitation, Employment, Wellness, Gardens

[AZ CACFP](#)

[ADE: Covid-19 Guidance and Suggestions](#)

[DES Services Related to COVID-19](#)

[Arizona Together:](#) information about financial assistance, food security, employment, health, etc.

# Cleaning and Disinfecting

## [CDC Guidance for Cleaning and Disinfecting](#)

- CDC/EPA guidance for businesses, public spaces, workplaces, schools, and homes
- Additional guidance for cleaning and disinfection, including when someone is sick
- Disinfecting your non-emergency vehicle
- Guidance for Buildings After Shutdown
- Cleaning and Disinfecting Decision Tool

## [EPA Disinfectants for Use Against SARS-CoV-2](#)

## [Tucson Water Recommends Flushing Procedures for Buildings Prior to Reopening](#)

## [ADHS BCCL clarification of child care rules](#)

R9-5-512.B.1: **Sanitizing wipes** may be used to clean tables in classrooms, but they should **not** be used on any toys that might be put in a child's mouth or on the diaper changing surface. There could be potential residue build-up from this product, but **if the contact time on the label is followed**, it is an effective cleaning agent.

## [Cleaning Schedule](#)

From PCHD Child Care Liaison email:

### **Bleach**

#### **Caution: Do NOT Mix Bleach with other Products**

Some child care programs are reporting shortages of supplies. This may result in programs having to use alternative products to disinfect surfaces. For those sites who have been using bleach, please be aware that mixing bleach with other products can create toxic fumes. [Do not mix bleach](#) with:

- ammonia products
- acids (e.g. vinegar, toilet bowl cleaners, drain cleaners, some glass and window cleaners, dishwasher detergents and rinses)
- other cleaning products

If you have been using bleach and change to another product, we recommend that you thoroughly clean the surfaces with soap and water first to remove any bleach residue.

Additional information: **Review manufacturer's instructions for sanitation and disinfection.**

CDC and ADHS recommends a 1000 ppm (0.1%) solution for **disinfection**. Here are the instructions for different concentrations:

#### **0.1% bleach solution for different concentrations:**

- 5.25% bleach: 5 tablespoons (1/3 cup) of bleach to 1 gallon water (1:50 ratio)  
4 teaspoons bleach to 32 ounces water
- 6.25% bleach: 4 ¼ tablespoons to 1 gallon (1:59 ratio)  
3 ¼ teaspoons bleach to 32 ounces water
- 8.25% bleach: 3 ¾ tablespoons of bleach to 1 gallon water (1:78 ratio)  
2 ½ teaspoons bleach to 32 ounces water

## Daily Health Check

[Daily Health Check English Spanish](#)

[Checklist Daily Health Check](#)

## Resources for speaking to children

[CDC Talking with Children](#)

[WHO Helping Children Cope](#)

[NASP Parent Resource](#)

[NASP Talking to Children](#)

[NCTSN Parent Guide](#)

[Zero to Three Helping Kids](#)

## Masks and Gowns

[CDC Masks](#)

[AAP Cloth Face Coverings for Children During COVID-19](#)

[Zero to Three Talking to Children about Masks](#)

[DIY Hospital Gowns Video](#)

[How to Make A Surgical Gown](#)

### From PCHD Child Care Liaison email:

The CDC guidelines state to wear face coverings “when feasible”. If you decide to develop a policy to wear face coverings, you may want to consider:

- **When it is feasible to wear a face covering:** During a daily health check (staff), preparing food/bottles, feeding/diapering infants; parents when dropping off children, children (2 or older) who have been isolated due to illness and staff caring for these children; medication administration; other times when close contact may be required. Wearing a face covering while eating is not recommended.
  - Cloth face coverings should NOT be put on babies and children under the age of two.
  - Face coverings may reduce the chance that **the wearer** will transmit the virus to others through respiratory droplets when someone comes within 6 feet of the wearer of the face covering.
- **Training staff, children and families:** Face masks should be put on, worn, taken off, sanitized and stored in specific ways to prevent contamination. Training for appropriate use of face coverings may be needed.
- **Ability to not touch the face covering:** If children (or staff) touch their face more with the face covering on, you may need to reconsider the use of face coverings.
- **What kind of cloth face covering to use:** See recommendations from [CDC](#), [AAP](#)
- **Storage/Sanitation:** Soiled face covering should be stored separately and sanitized before reuse. Sanitized face coverings should also be stored and distributed so as to avoid contamination before use. Multiple masks per person may be needed during the day.
- **Safety considerations:** Check that the face covering does not pose a strangulation or choking risk to children. Monitor children for signs of breathing difficulty when wearing a mask.
- **Children/staff with special health care needs:** Individuals with special health care needs may need to consult with a health care provider before using a face covering. Care plans may need to be updated.
- **Possible response from children:** Children may be scared to wear a face mask or to see caregivers wearing face masks.

## COVID-19 and Children

AAP has compiled [Research Highlights: COVID-19 and Pediatric Populations](#)

## Underlying Health Conditions

[CDC: Groups at Higher Risk for Severe Illness](#)

CDC: [Managing Asthma During COVID-19](#) See [CDC FAQs](#) for information on breathing devices.

American Diabetes Association (ADA): [Diabetes and Coronavirus](#)

## Symptoms, Exposure, Testing

[ADHS Recommendations after Receiving Test Results](#)

[PCHD Person Under Investigation \(PUI\) & close Contact At-Home Guidance](#)

### [CDC Testing](#)

- Testing for COVID-19
- Testing FAQs
- Test for Current Infection
- Test for Past Infection
- Self-Checker: a guide to help you make decision and seek appropriate medical care.
- [Whitehouse Guidance on Interpreting COVID-19 Test Results](#)

### [CDC If You are Sick or Caring for Someone](#)

- What to Do If You Are Sick
- Caring for Someone at Home
- When You Can Be Around Others
- Disinfecting Your Home if Someone is Sick
- Quarantine and Isolation

### [Symptoms of Coronavirus](#)

- Symptoms
- Self-checker
- When to Seek Emergency Medical Attention
- Caring for Yourself or Others
- Digital Resources

## Travel

### [CDC Travel](#)

- Travel in the United States
- Returning from International Travel
- Travelers Prohibited from Entry into the United States
- Cruise Ship Travel
- Travel Health Notices
- Travel Recommendations by Country
- Travel FAQs

CDC: [Travel Recommendations by Country](#)

CDC: [Cases in the U.S.](#)

[AZ Governor Executive Order for Return Travelers](#)

# Supplies

Note: Listed vendors are for informational purposes only. Pima County does not endorse the use of any specific vendor.

## [Pima County Vetted list of Vendors](#)

**Pima County Health Department:** Email [Emily.Rebro@pima.gov](mailto:Emily.Rebro@pima.gov) to create an account. Cloth facial coverings, masks, gloves, disinfectant wipes, hand sanitizer – dependent upon availability of supplies.

[Arizona After School Supply Request](#) Submit a request online. Information [here](#).

[Arizona Enrichment Centers Weekly Report](#) (for AZ Enrichment Centers only)

[AzAEYC Toolkit](#) is free through May 31. If you are looking for **supplies**, they have a vendor program that helps find suppliers and negotiate deals.

## Other Vendor Lists

VENDOR	PHONE	CONTACT	PRODUCTS
DPI Epicurean	480-969-9333		Food, paper products
US Foods	602-269-7241		Food, paper products
Costco Business Center	480-293-2123		Food, paper products
One Source	602-332-3012	Ken	Paper products, cleaning supplies, soap, hand sanitizer (janitorial), has some masks
SYSCO	623-936-9920		Food, paper products
Lively	602-253-8990		Dairy
Shamrock	602-477-6400		Food, dairy
Academy Paper	480-966-1980		Paper products, hand sanitizer
Northern Chemical	602-505-0085	George Lozano	Paper products, bleach, HDQ Disinfectant (good stuff)
Grand Avenue Produce	602-254-8643		Produce

## Other possible vendors in Tucson (not a complete list):

[Auto Chlor System](#): 520-622-0387

[Economy Restaurant Supply](#), 520-624-0301

[Grand Canyon Janitorial Supply](#): 520-795-3393

[ICA Industrial Chemical of Arizona](#): 520-347-8693

[Maintenance Mart](#): 520-822-8485

# Communicable Disease Reporting

As Covid-19 is a reportable communicable disease, please notify the health department if a child or staff tests positive for Covid-19 through a PCR test. Reporting assists us in tracking and slowing the spread of COVID-19. You can do this two ways:

1. Call or email Emily Rebro with the information 520-247-1415, [Emily.Rebro@pima.gov](mailto:Emily.Rebro@pima.gov)
2. Call the Epidemiology department 520-724-7797

A public health nurse or someone from epidemiology will ask questions about the individual. This includes (we realize you may not have the complete information):

- Name of child care/contact information:
- Date of test:
- Date of positive test result:
- Onset of Symptoms:
- Duration of illness (days):
- Hospitalized?
- Last day at child care program:
- Age group/assigned classroom:
- Name of staff/child:

If you have called epidemiology, they will send your information to a public health nurse (PHN) to follow up with questions and guidance. The PHN will review what procedures you already have in place for screening protocols, cleaning/disinfecting, physical distancing, etc. Many child care programs are already implementing many of the recommendations by the CDC and ADHS. The PHN will also review guidance from the CDC and ADHS as is applicable, which includes the following:

**As is feasible, follow CDC [School](#) and [Child Care](#) and [ADHS](#) Guidance, including:**

- Post information on COVID-19 from the CDC: [CDC posters](#) and [PCHD entrance poster](#)
- Monitor all staff and children for symptoms following [CDC Child Care Screening Protocols](#)
- Recommend contacting a health care provider or call 1-844-542-8201 as applicable or post this information (maintain confidentiality of the individual who tested positive). Please be aware that individuals being tested may be required to self-isolate until they receive their test results. This may cause staff shortages which would need to be addressed.
- Staff Members and Children who have tested positive**
  - Follow [ADHS](#) or health care provider recommendations
- Cleaning/Sanitation for staff/children who have tested positive at a site:**
  - **ADHS:** Cleaning staff should clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces.
  - **CDC:** (note: this depends on how recently the individual was at the site)
    - Close off areas used by the person who is sick.
    - Open outside doors and windows to increase air circulation in the areas.
    - Wait up to 24 hours or as long as possible before you clean or disinfect to allow respiratory droplets to settle before cleaning and disinfecting.
    - Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, and common areas.

At this time, it is your decision as to what guidelines are best for your site and circumstances. The above information and links are for the current guidance available. **Please note that this could be updated at any time as new information becomes available.**

You will receive a follow up email with the information that was discussed along with a sample Parent Alert notice in English and Spanish to post at your site and/or send to parents, staff, and volunteers. If you have additional cases at your site, please notify the health department again.

# Webinars/Presentations

**Head Start** Webcasts on-demand for limited time. Recordings coming soon [here](#).

- [Sign up for free Head Start updates about future training opportunities](#)
- List of [Upcoming Events](#)
- [Social Distancing in Early Care and Education: Feasible or Impossible?](#), June 2

## Past Events

- [Caring for Children with Special Health Care needs During COVID-19](#), May 27
  - [Helping Parents manage Stress During COVID-19](#), May 15
  - [Keeping Our Children Well During COVID-19](#), May 8
  - [Caring for Children in Group Settings During Covid-19: A Follow-up conversations](#), May 6
  - [Building Resilience in the Face of Trauma and Adversity](#), May 4
  - [Caring for Children in Group Settings During COVID-19](#), April 24
- **Child Care Aware** >16 webinars
    - [Practical Ways to Help Children in Child Care Cope with the COVID-19 Crisis: A Perspective from Child Life Specialists](#), May 27
    - [Child Care in the Time of COVID-19: Guidance and Implementation from Experts](#), April 13
  - **NAEYC**
    - [Questions about COVID-19 in ECE Programs](#), May 21
    - [Families and Educators Supporting Learning at Home](#), April 30
    - [Talking to and Supporting Children and Ourselves During the Pandemic](#), May 7
    - [Paying Yourself, Your Staff, and Your Bills: Helping Child Care Programs Understand and Navigate SBA Loan Options](#), April 9 (available in [Spanish](#))
  - **Office of Child Care**
    - [Discussion with CDC Regarding Guidance for Child Care Programs That Remain Open](#), April 14
  - **Early Childhood Investigations** [Recordings, Slides and Handouts](#)
    - [Beyond Covid-19: Supporting children, Families, & Staff to Reintegrate to the New Normal](#), June 11
    - [COVID-19 Financial Survival Strategies for Early Childhood Programs: Emergent Resources and Advice](#), April 19
  - CACFP: [Caring for Children while Social Distancing](#)
  - Quorum has a 15 minute free online presentation - [COVID-19: The Basics](#)
  - Yale School of Medicine: [Covid-19: An Illustrated Scientific Summary](#)
  - Recorded Webinar: [Understanding Your COVID-19 Test Results](#) (30 minute presentation, 30 minute Q&A –understandable science-based explanations)
  - Banner Health: [Caring for Your brain During Stressful Times](#)

Free, online courses through: [AZ Workforce Registry COVID-19 Courses](#)

- Early Childhood Leaders Managing the Stress of Working in Response to COVID-19, in partnership with Region 9 Head Start Association
- Emergency Response Strategies to Support Young Children and Families during COVID-19, in partnership with Region 9 Head Start Association
- Responding to Stress, Children, and Families during COVID-19, in partnership with Region 9 Head Start Association