

Public Health Update for Child Care Providers

February 21, 2024



**NEVADA
COUNTY**
CALIFORNIA

**Public
Health**



General Public Health Services for Parents and Children

- Maternal, Child & Adolescent Health
- WIC – Nutrition services for infants and preschool
- Immunizations –Infants/ Children
- Dental Screenings – Kindergarten



New Parent Meet Up

COME JOIN US, EVEN IF BABY HAS YET TO ARRIVE!

- ✓ Support
- ✓ Resources
- ✓ Community
- ✓ Kids Activities

Fourth Tuesday of the Month
Memorial Park if weather allows or SNCS TLC
10:00-11:00

EVERYONE IS WELCOME!
FOR MORE INFO CONTACT:
JEANA MCHUGH 530-847-8293

NEVADA COUNTY CALIFORNIA | **Public Health**

The flyer is decorated with a smiling sun in the top left, stylized flowers in yellow and teal, and a pink wavy line at the bottom. The text is in various colors including orange, red, and black.

Respiratory Virus Update

- The predominant respiratory viruses circulating now are COVID-19, Flu, and RSV
- Prevention of all 3 viruses is the same
 - Vaccinate
 - Isolate/mask
 - Wash hands
 - Improve air flow
 - Avoid high-risk people
- Judy will cover the new COVID-19 guidance which will help prevent all 3 diseases



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A Word About Measles

- In the news – cases in Southern California and other parts of US
- Schools and child care settings are high risk
- Symptoms: Fever, Cough, Runny nose, Red watery eyes, and rash
- Isolate and seek medical care



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Measles

IT ISN'T
JUST A
LITTLE
RASH



Measles can be dangerous,
especially for babies and
young children.



MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 4
people who get
measles will be
hospitalized.



1 out of every 1,000 people
with measles will develop
brain swelling due to infection
(encephalitis), which may lead
to brain damage.



1 or 2 out of 1,000
people with measles
will die, even with
the best care.



You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



American Academy
of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA



CDPH COVID-19 Guidance

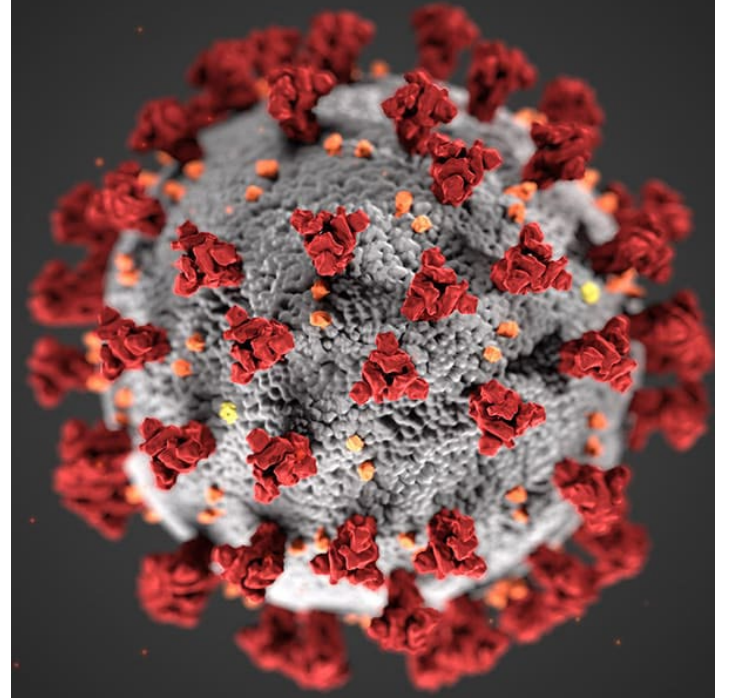
Guidance for the general public updated on 1/9/24

People who test positive for COVID-19 with symptoms

- Stay home until fever-free for 24 hours without using fever reducing medication AND other COVID-19 symptoms are mild and improving
- Seek treatment, particularly if at higher risk for severe COVID-19

People who test positive for COVID-19 with or without symptoms

- Mask when around others indoors for 10 days after testing positive. May remove mask sooner with 2 sequential negative tests at least one day apart
- Avoid contact with people at higher risk for severe COVID-19 for 10 days





CDPH COVID-19 Guidance

Close contacts with symptoms

- Test and mask right away

Close contacts with no symptoms

- Mask indoors when around higher-risk people for 10 days
- Test within 5 days of exposure if at higher risk of severe infection / would benefit from treatment
- Consider testing within 5 days of exposure before contact with higher-risk people

Consult Cal/OSHA for additional workplace regulations

Consult CDPH Communicable Disease Guidance for Child Care Programs for 2023-2024



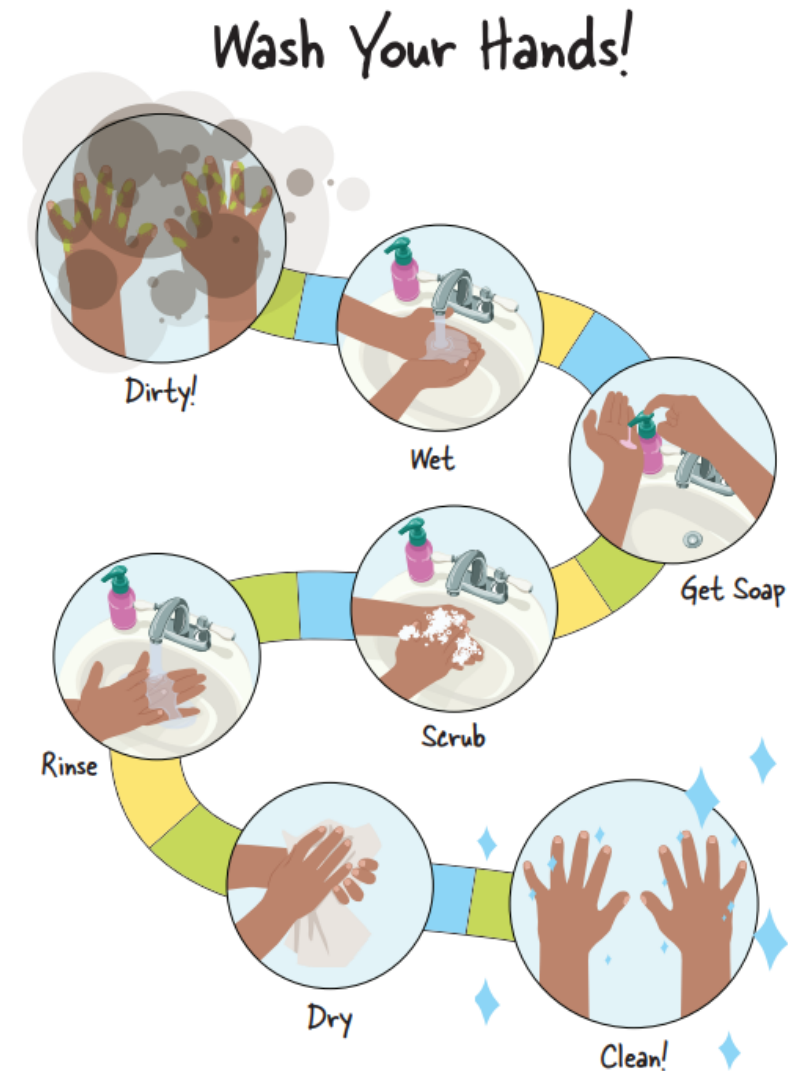
Vaccinations

- Vaccines offer protection against serious illness, outbreaks, absences, and child care disruptions
- Encourage children, families, and staff to stay up-to-date on all vaccinations recommended by their health care provider
- Review vaccination requirements for entry into pre-K/child care settings
 - COVID-19 and influenza vaccines are not currently included in the list of required immunizations for child care but they are strongly recommended for all eligible people in California
- Consult Nevada County Public Health Department for information about local vaccination clinics



Handwashing

- Have adequate soap and water, tissues, and trashcans
- Hand sanitizers - at least 60 percent alcohol
 - Store up, away, and out of sight of younger children
 - Supervise children ages 5 years and younger to avoid ingestion and eye contact
 - Not recommended for children under 24 months
 - Soap and water is preferred over hand sanitizers
- Teach and reinforce proper handwashing, covering coughs and sneezes
- Discourage sharing of personal items - cups, food, utensils, water bottles, lip balm, cell phones, and makeup



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

CS267037-A



Air Quality and Ventilation

- Optimize indoor ventilation to reduce the spread of other airborne pollutants and other respiratory infections
 - Bring in as much outdoor air as possible
 - Ensure Heating, Ventilation, and Air Conditioning (HVAC) settings are maximizing ventilation
 - Filter and/or clean the air
 - Use exhaust fans in restrooms and kitchens
 - Open windows in transportation vehicles
- When outdoor air quality is poor (such as from wildfire smoke), consult with Nevada County Public Health Department and [CDC guidance on Ventilation in Schools and Childcare Programs.](#)
 - Use portable air cleaners
 - Use alternative spaces with better air quality
 - Keep windows and doors closed



Masks

Masks help protect children and staff from respiratory infections

- Masks can be worn safely by children 2 years of age and older while awake and not eating
- Children under age 2 should not wear a mask due to risk of suffocation
- Mask should have effective protection, be well-fitting, and be one that the child will wear



Good Protection

KF94 / KN95

N95 (only for older children, if well-fitting)



Less Effective

Medical Mask (Surgical)



Generally Not Recommended

Cloth Mask





Managing symptoms

Excluding children due to illness





- Consult new CDPH guidance
 - Offers symptom definitions and general criteria for when a child should stay home
- Call Public Health Communicable Disease team if additional guidance is needed



When to Keep Your Child Home from School or Child Care

Below are suggestions for when to keep your child home when they are not feeling well. Contact a health care provider if your child needs medical care. A doctor's note is generally not required to return to school or child care. For more information, please visit the [CDPH guidance page](#).



Symptom of illness	When should my child stay home and when can they return?
 Overall, not feeling well	STAY HOME IF any new illness or symptom prevents a child from participating meaningfully in routine activities.
 Fever	STAY HOME IF a fever is of 100.4°F (38°C) or higher. RETURN WHEN fever went away over the night and is gone in the morning without the use of medications such as Tylenol®, Advil®, or Motrin® (acetaminophen or ibuprofen).
 Vomiting	STAY HOME IF vomiting has occurred 2 or more times in 24 hours. RETURN WHEN vomiting has ended overnight, and your child is able to hold down liquids and food. Recommend frequent handwashing.
 Diarrhea	STAY HOME IF your child's stool is likely to leak from the diaper, or if they are unlikely to make it to the toilet in time (if potty trained). If the stool looks bloody or black, seek medical attention. RETURN WHEN improving. Recommend frequent hand washing.



Scan the QR code find the latest version of this flyer.



When to Keep Your Child Home from School or Child Care

Symptom of illness	When should my child stay home and when can they return?
 Sore throat	OK TO ATTEND WITH MILD SYMPTOMS. Please consider wearing a mask if age 2 years or older. STAY HOME AND SEEK MEDICAL ATTENTION for difficulty breathing or swallowing, or continuous drooling. RETURN WHEN IMPROVING. If an antibiotic is prescribed, take the first dose at least 12 hours before returning.
 Cold symptoms, such as cough, stuffy/runny nose, sneeze	OK TO ATTEND WITH MILD SYMPTOMS. Please consider wearing a mask if age 2 years or older. STAY HOME AND SEEK MEDICAL ATTENTION for severe symptoms, including a bad cough, difficulty breathing or trouble catching their breath, or wheezing when not controlled by medication (like albuterol). RETURN WHEN IMPROVING. If your child will need medication after returning, contact the site to let them know.
 Ear or eye irritation, including pink eye	OK TO ATTEND WITH MILD SYMPTOMS. Recommend frequent handwashing. STAY HOME AND SEEK MEDICAL ATTENTION for difficulty seeing or hearing, an eye injury, or pain they cannot tolerate.
 Rash	OK TO ATTEND WITH MILD SYMPTOMS. STAY HOME AND SEEK MEDICAL ATTENTION if rash is worsening, causing pain, has blisters, or is not healing. RETURN WHEN IMPROVING or as guided by health care provider. In general, for conditions such as lice, impetigo, ringworm, scabies, and pinworms, your child may return as soon as they start appropriate treatment.

Managing symptoms

If a child is sent home due to illness:

- Notify the parent/guardian
- Determine a safe place for the child to wait
- Face masks are recommended if the child is coughing or sneezing
- Document in the child's record
- Let the parent/guardian know If Nevada County Public Health Department has been notified because of concern for a reportable communicable disease

General return conditions:

- Symptoms are improving, no fever
- Staff can meet child's care needs without compromising the health and safety of other children and staff
- May consider the advice of the child's healthcare provider
- Follow local health department guidance

Online Resources

[COVID-19 Isolation Guidance \(ca.gov\)](#)

[Cal/OSHA COVID-19 Non-Emergency Regulations \(ca.gov\)](#)

[Communicable Disease Guidance for Child Care, 2023-2024 \(ca.gov\)](#)

[Vaccination Requirements \(ca.gov\)](#)

[Vaccine Schedules \(cdc.gov\)](#)

[Recommendations to Improve Indoor Air Quality \(ca.gov\)](#)

[Guidance on Ventilation in Schools and Childcare Programs \(cdc.gov\)](#)

[Handwashing Posters \(cdc.gov\)](#)

[Masking for Kids \(ca.gov\)](#)



Thank you.

Judy Griffin at (530) 470-2451
judith.griffin@nevadacountyca.gov

For COVID-19 information call
(530) 265-7258



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