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City of New Haven Health Department
Public Health Emergency Information – Daycare Settings

Before a COVID-19 outbreak occurs in your community: Plan

A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a plan can help protect your health and the health of those in your community in the event of an outbreak of COVID-19.

WHAT TO KNOW

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, shortness of breath.

WHAT TO DO

It is important that good public health practices are used to prevent the spread of respiratory viruses. These steps which help to prevent other the spread of other respiratory viruses such as the flu can also prevent COVID-19 from spreading. It is important to follow these steps:

- Wash hands often with soap and water for at least 20 seconds. Be sure adequate supplies are readily available in bathrooms and other wash areas
- Remind children and staff to avoid touching their eyes, nose and mouth with unwashed hands
- Remind children and staff to cover their mouths and nose with a tissue or sleeve (not hands) when coughing or sneezing
- Avoid close contact with people who are sick and encourage those who are ill to stay home
- Follow your existing protocols for staff and/or children presenting as ill or who may have been exposed to a contagious disease, including exclusion policies
- Keep sick children and staff separate from well students and staff until they can leave.

- Clean and disinfect frequently touched objects and surfaces according to product directions and program policy
- Alert local health officials about large increases in student and staff absenteeism, particularly if absences appear to be due to respiratory illnesses.
- Plan for alternative coverage by cross-training staff.
- Encourage the flu vaccine for any children or staff who have not had the vaccine this season.
- Encourage staff or families who have travelled to affected countries/regions to stay home and monitor for symptoms for 14 days prior to returning to the facility.

ENCOURAGE FAMILIES TO PREPARE THEIR HOUSEHOLDS

There are things families can do right now to be ready for any emergency, and many of these same tips will help to prepare as the coronavirus situation continues to evolve in the U.S.

- Have a supply of food staples and household supplies like hand soap/hand sanitizer, laundry detergent, bathroom items, pet food, and diapers.
- Families should ensure they have at least a 30-day supply of any prescription medications, and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- People with elderly parents or relatives should have a plan in place for caring for them if they fall ill.

IF YOU THINK A STUDENT/STAFF MEMBER HAS SYMPTOMS

The staff member or parent should call their healthcare professional if they develop symptoms and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with widespread or ongoing community spread of COVID-19. See the CDC website for information on areas affected by Coronavirus. The Health Department can also assist with directing you to care.

Remind families and staff to call ahead before visiting their provider.

FOR MORE INFORMATION

**If you think you have symptoms consistent with Coronavirus, please call
New Haven Health Department Emergency Line (203) 946-4949**

For routine questions/issues, please call the New Haven Health Department Main Number

Telephone (203) 946-6999

Website: <https://www.newhavenct.gov/gov/depts/health/default.htm>

Information on other specific populations can be found on the New Haven Health Department website

CDC – Coronavirus Disease 2019

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Connecticut Department of Public Health

<https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus#Protect>