



WEEKLY UPDATE | December 14 – 2020



From the Directors COVID-19 UPDATE

Dear Child Start,

As we approach the time when COVID restrictions may tighten, I wanted to let you know that it is our intent to continue providing services as long as we are able to do so. Although it's very possible that a more strict shelter in place order may occur for both Napa and Solano County in the coming weeks, there is recognition of the need and importance of keeping schools and childcare (child development) open and we will try to do so unless we are restricted from doing so by the Governor's orders.

Over the last 6-8 weeks, as we've opened up more classrooms, we have implemented a few temporary closures of classrooms due to a positive COVID test, but in each situation, this has been managed quickly and in a manner that reduces the likelihood of further transmission. It has been my understanding that families have so far been very cooperative and understanding of the need for these very strict measures and you all have done a great job of ensuring our kids and fellow staff members are safe and following our COVID procedures. We are trying to keep up to date on the information coming from the CDC and the State and County Health Departments, so we do have to sometimes update our procedures. New information that addresses travel out of state will be coming out soon.

Thank you for the work you continue to do on behalf of our kids and families.

Debbie Peralez
Executive Director



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Health & Nutrition Department



COVID-19 UPDATES ON HEALTH CHECKS AND TEMPERATURE LOGS

Due to the governor's new guidance for those who travel outside the state California there have been revisions made to the Head Start Health Check Communication Sheet and Temperature Log (HE22H) and the Early Head Start Daily Communication Sheet (HE22E).

The question **“have you travelled outside of the state of California? (If you travelled to Mexico you will need to have a COVID test 3-5 days after you return)”** has been added to the questions asked of parents during the health check. If a child has travelled outside of the state, they are to be excluded for 14 days from the date of return.

Both forms have been updated and are on the Child Start website under health forms. Please make sure you use the updated forms during the health check process. If you have any questions, please contact me at:

smiller@childstartinc.org

Download the updated forms on our staff network access. Click the link: → [network-access/forms](#)



Website: www.childstartinc.org



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Human Resources Department **IMPORTANT COVID-19 UPDATE**



What to do if you have to be tested for COVID:

Positive Results. If the results of the test confirm that an employee has a COVID-19 infection, the employee will need to remain in quarantine until symptoms have improved including resolution of fever for at least 24 hours, without the use of fever-reducing medications, and at least 14 days have passed since the date of the test. These 14 days are in addition to the time the employee already quarantined while waiting to be tested. The following measures will take place upon learning of an infected employee:

Negative Results. If the results of the test are negative and/or the employee provides a medical release, employees may return to work after the 14-day quarantine from the date of the test and remaining asymptomatic.



Traveling During the Pandemic

Travel may increase your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19. If you must travel, talk to your doctor ahead of travel, especially if you are at increased risk for severe illness from COVID-19. After your return to California, keep in mind that you might have been exposed to COVID-19 during your travels. You might feel well and not have any symptoms, but you can be contagious without symptoms and can spread the virus to others. Any staff member who travels outside of California must quarantine for 14 days upon returning to the state and before they are allowed to return to work.

While it is recommended that travelers avoid all travel to Mexico, if you plan on traveling to Mexico you must get tested 3–5 days after travel AND stay home for 14 days after travel and before you return to work.

If you are traveling to other countries, contact HR to determine if there are specific restrictions placed upon your destination. Also follow these guidelines to help protect yourself and others from exposure to COVID-19.

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Human Resources Department

IMPORTANT COVID-19 UPDATE



- **Before you travel**, get tested with a viral test 1–3 days before your trip. Do not travel if you are waiting for test results, test positive, or are sick. Follow all entry requirements for your destination and provide any required or requested health information.
- **During travel**, wear a mask, stay at least 6 feet from people who are not traveling with you, wash your hands often or use hand sanitizer, and watch your health for signs of illness.
- **Before traveling back to the United States**, get tested with a viral test 1–3 days before travel. Follow all destination and airline recommendations or requirements.
- **Pay During Quarantine**

Employees may use their accruals including emergency sick hours to get paid during the quarantine if no remote work is available. To determine availability of remote work, please contact HR. If no other hours are available to the employee and there is no appropriate work for the employee to do at home, the quarantine time will be unpaid.



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Attending an event or gathering



Prepare before you go:

- Stay home if you have been diagnosed with COVID-19 ([symptoms of COVID-19](#)) , if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.
- Check with the organizer or event venue for updated information about any COVID-19 safety guidelines and if they [have steps in place](#) to prevent the spread of the virus.
- Prioritize attending outdoor activities over indoor activities and stay within your local area as much as possible.
- Bring supplies to help you and others stay healthy—for example, [masks](#) (bring extra), hand sanitizer with at least 60% alcohol, and drinking water.

Use social distancing and limit physical contact

- Maintain a distance of at least 6 feet or more from people who don't live in your household. Be particularly mindful in areas where it may be harder to keep this distance, such as check-in areas, parking lots, and routes of entry and exit.
- Select seating or determine where to stand based on the ability to keep 6 feet of space from people who don't live in your household, including if you will be eating or drinking.
- Arrive to the event early or at off-peak times to avoid crowding and congested areas.



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- Avoid using restroom facilities or concession areas at high traffic times, such as intermission, half-time, or immediately at the end of the event.



Wear masks

- Wear a [mask](#) when interacting with other people to minimize the risk of transmitting the virus.
 - Wearing masks is most important when social distancing is difficult.
 - Masks are strongly encouraged in settings where individuals might raise their voices, such as shouting, chanting, or singing.

Limit contact with commonly touched surfaces or shared items

- Use touchless garbage cans or pails and cashless payment options when possible. Otherwise, exchange cash or card by placing payment in a receipt tray, if available, or on the counter.
- Avoid any self-serve food or drink options, such as buffets, salad bars, and condiment or drink stations. Use grab-and-go meal options, if available.
- Use disposable food service items including utensils and dishes, if available.
- [Wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer immediately before eating food or after touching any common surfaces like hand railings, payment kiosks, door handles, and toilets.
- **For more information about Coronavirus (COVID-19) visit [CDC.gov](https://www.cdc.gov)**



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This Week Trivia Question



In 2016, NHSA's National Head Start Conference celebrated how many years?



Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday December 17, 2020.

Last week's trivia Question answer:

What year was Early Head Start established?

If your answer is **1994** You are right!!

In **1994**, the Early Head Start program was established to serve children from birth to age three, in an effort to capitalize on research evidence that showed that the first three years are critical to children's long-term development. In 1995 the first Early Head Start grants were given.

Source: Wikipedia

"The Art of Teaching is the Art of Assisting Discovery."

- Mark van Doren -



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