

FAMILY CHILD CARE HEALTH & SAFETY BULLETIN

...a newsletter for family child care providers and FCC Network Leaders
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The Connecticut Office of Early Childhood COVID-19 Frequently Asked Questions (FAQs)

(Located at: <https://www.ctoec.org/covid-19/covid-19-frequently-asked-questions-faq/>)

The OEC have developed and published answers to common questions about child care, Care for Kids, and OEC programs during COVID-19. Take a look at some of the questions and answers provided:

Question: How do we make sure our staff, children, and families are safe?

Answer: OEC has released [Guidance for Child Care During COVID-19](#). This document includes information about group size limits, screening procedures, and more. Additional support for making individual program or provider decisions regarding health and safety may be accessed through your program's health consultant, the local public health department, and/or individuals' medical providers.

Question: How do we communicate with families regarding the safety practices we are following? Will flyers or signs be provided?

Answer: [OEC has produced printable flyers](#) regarding operating a child care center during COVID-19. Each center will have its own specific considerations. So they may select to use OEC provider flyers or create their own informational handouts to provide families with information about any program-specific health and safety practices.

Question: How can we serve children who might have health issues? Is it safe for them to attend child care?

Answer: Encourage all families to talk with their health care providers before enrolling their child in care. Share the safety measures you are taking and make sure you have a plan in place to address any emerging health issues. The licensing requirement pertaining to the development of an individual plan of care for a child with special health care needs still applies.

Question: How do we handle the situation if children have been exposed to a confirmed case of COVID-19?

Answer: The CDC recommends that individuals who are healthy but have been exposed to a confirmed case of COVID-19 stay home for 14 days after the last exposure. See the [CDC guidance on Quarantine and Isolation](#) for more information about CDC recommended practices. Programs should seek guidance from the CT Department of Public Health and/or local health departments regarding specific circumstances of exposure.

Question: How will licensing inspections be handled during COVID-19?

Answer: [OEC Memo #25](#) includes information about shortened licensing inspections focused on enhanced requirements during COVID-19. Licensing staff will reach out to all child care centers, group child care homes, and family child care homes prior to the visit to verify that you are open, to answer questions, and to share the safety precautions they will take when visiting your program.

Question: Will the physical and immunizations requirements continue to be waived?

Answer: The waiver of immunization requirements per [OEC Memo #7](#) will terminate on September 9, 2020. The waiver for health record requirements will continue until November 9, 2020, unless extended or modified. See [Memo #28](#) for more information.



What is the difference between Influenza (Flu) and COVID-19?

(See Centers for Disease Control and Prevention (CDC) Web page at <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>)

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key similarities and differences between the two.

HERE's what the CDC has to say about the **similarities** between COVID-19 and the flu:

SIMILARITIES (in Symptoms)	
COVID-19 Symptoms	Influenza (FLU) Symptoms
<ul style="list-style-type: none"> • Fever or feeling feverish/chills • Cough • Shortness of breath or difficulty breathing • Fatigue (tiredness) • Sore throat • Runny or stuffy nose • Muscle pain or body aches • Headache • Some people may have vomiting and diarrhea, though this is more common in children than adults 	

HERE's what the CDC has to say about the **differences** between COVID-19 and the flu:

DIFFERENCES (in Symptoms)	
Flu Symptoms	COVID-19 Symptoms
Flu viruses can cause mild to severe illness, including common signs and symptoms listed above in the under "Similarities" table.	Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

Flu & Young Children

Getting a flu vaccine during 2020-2021 is more important than ever. Flu vaccination is especially important for children. Children younger than 5 years old—especially those younger than 2— are at high risk of developing serious flu-related complications. CDC recommends a flu vaccine every year for everyone 6 months and older.

Want to know more about flu and young children? Go to the CDC webpage at <https://www.cdc.gov/flu/highrisk/children.htm>

How can you tell the difference between a cold and the flu?

(See CDC webpage at <https://www.cdc.gov/flu/symptoms/coldflu.htm>)

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

See the table below from the CDC about whether a child may have a cold or the flu:

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

