

# FAMILY CHILD CARE HEALTH & SAFETY BULLETIN

*...a newsletter for family child care providers and FCC Network Leaders*

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## Connecticut Children's Back to School Kit ...is also for Child Care!!

All of the following information below is from the Connecticut Children's website at <https://www.connecticutchildrens.org/coronavirus/back-to-school/>

Stressed about whether to send your child back to daycare or school, and need help thinking it through? Worried your child will struggle with new routines, and want tips to make things easier? Here's some information straight from the pediatric experts at Connecticut Children's:

- Is It Safe to Send Your Child Back to School During COVID-19?  
Advice From Connecticut Children's Physician-in-Chief is located at <https://www.connecticutchildrens.org/coronavirus/is-it-safe-to-send-your-child-back-to-school-during-covid-19-advice-from-connecticut-childrens-physician-in-chief/>
- Talking to Your Kids About Masks (Watch video)  
[https://www.youtube.com/watch?v=pY\\_StJu599Q&feature=youtu.be](https://www.youtube.com/watch?v=pY_StJu599Q&feature=youtu.be)
- Ask a Pediatrician: Is It a Good Idea for My Child With Asthma to Go Back to School or Day Care During COVID-19?  
<https://www.connecticutchildrens.org/ask-a-pediatrician/ask-a-pediatrician-is-it-a-good-idea-for-my-child-with-asthma-to-go-back-to-school-or-day-care-during-covid-19/>
- Is It Safe to Send Your Child Back to Day Care During COVID-19?  
<https://www.connecticutchildrens.org/coronavirus/is-it-safe-to-send-your-child-back-to-day-care-during-covid-19/>
- How to Help Kids Adjust to Masks Before School Starts: 16 Activities to Practice Mask-Wearing  
<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-adjust-to-masks-before-school-starts-activities-to-practice-mask-wearing/>
- How to Talk to Younger Kids About Changes at School During COVID-19  
<https://www.connecticutchildrens.org/back-to-school/how-to-talk-to-younger-kids-about-changes-at-school-during-covid-19/>
- Does Your Child Have Special Needs? 4 Things to Ask Their School Now  
<https://www.connecticutchildrens.org/developmental-pediatrics/does-your-child-have-special-needs-things-to-ask-their-school-now/>

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## Visiting your Pediatrician During COVID-19

The following information is from the American Academy of Pediatrics website <https://healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-call-the-pediatrician-during-COVID-19-even-if-I'm-not-sure-my-child-is-sick.aspx>

### **Question: Is it OK to call my pediatrician during COVID-19?**

- Yes, please call your pediatrician! Pediatrician's offices are open and taking extra steps to make sure you and your children are safe when you come in.
- Your pediatrician cares about the health of your baby, child or teen and is happy to talk to you about anything from medicines and illnesses to injuries and behavior issues.
- Pediatricians are also taking steps to make sure it's as safe as possible for office visits that need to happen in person. Some offices have separated "sick" and "well" areas of their clinic or are having newborns come in early in the day before other patients. Calling ahead is important so your pediatrician can advise you on the best way to come in.

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## Why it's so important to call your pediatrician?

The following information is from the American Academy of Pediatrics website [HealthyChildren.org](https://www.healthychildren.org)

Even though families are staying home to prevent the spread of COVID-19, there are still important reasons why you may need to bring your child into the pediatrician's office, including:

- Newborn visits after a baby is born;
- To stay up-to-date on immunizations;
- For hearing and vision screenings;
- To monitor growth, blood pressure, and other vital signs;
- To check labs such as for anemia;
- To check on developmental milestones;
- To treat infections or injuries;
- For adolescent health concerns, such as menstrual care and depression screening; and
- For routine lead testing.

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## Kids & Cloth Face Coverings or Masks

The following information is from the American Academy of Pediatrics website, HealthyChildren.org at <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Mask-Mythbusters.aspx> (Information as of 8/18/2020)

Are you worried about your child wearing face coverings in daycare? Here are **5 common questions about kids and masks**, along with evidence-based information that will put your mind at ease:

### 1. Can wearing a mask make it harder for my child to breathe?

There have been concerns that cloth face coverings can reduce oxygen intake, and can lead to low blood oxygen levels, known as hypoxemia. However, cloth masks are made from breathable materials that will not block the oxygen your child needs. Masks will not affect your child's ability to focus or learn in school. The vast majority of children age 2 or older can safely wear a cloth face covering for extended periods of time, such as the school day or at child care. This includes children with many medical conditions.

### 2. Can masks interfere with a child's lung development?

No, wearing a cloth face covering will not affect your child's lungs from developing normally. This is because oxygen flows through and around the mask, while blocking the spray of spit and respiratory droplets that may contain the virus. Keeping your child's lungs healthy is important, which includes preventing infections like COVID-19.

### 3. Do masks trap the carbon dioxide that we normally breathe out?

No. There have been false reports that cloth face coverings can lead to carbon dioxide poisoning (known as hypercapnia) from re-breathing the air we normally breathe out. But this is not true. Carbon dioxide molecules are very tiny, even smaller than respiratory droplets. They cannot be trapped by breathable materials like cloth masks. In fact, surgeons wear tight fitting masks all day as part of their jobs, without any harm.

However, children under 2 years of age should not wear masks since they may not be able to remove them without help. Children with severe breathing problems or cognitive impairments may also have a hard time tolerating a face mask and extra precautions may be needed.

### 4. Can masks lead to a weaker immune system by putting the body under stress?

No. Wearing a cloth face covering does not weaken your immune system or increase your chances of getting sick if exposed to the COVID-19 virus. Wearing a cloth face covering, even if you do not have symptoms of COVID-19, helps prevent the virus from spreading.

### 5. How do masks prevent the spread of COVID-19?

When worn correctly, cloth masks create a barrier that reduces the spray of a person's spit and respiratory droplets. These droplets play a key role in the spread of COVID-19 because they can carry SARS-CoV-2, the virus that causes COVID-19. Masks also can protect you from others who may have coronavirus but are not showing symptoms and who could come within 6 feet of you, which is how far respiratory droplets can travel when people sneeze or cough or raise their voices.

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