Let's Talk Early Learning: COVID-19 Basics and ECE Safety

March 2021

Let's Talk Early Learning: COVID-19 Basics and ECE Safety

Co-Hosts

BANANA

EARLY LEARNING SYMPOSIUM
·OAKLAND·

Oakland Starting Smart & Strong

UCSF Benioff Children's Hospital
Oakland

Center for Child and Community Health

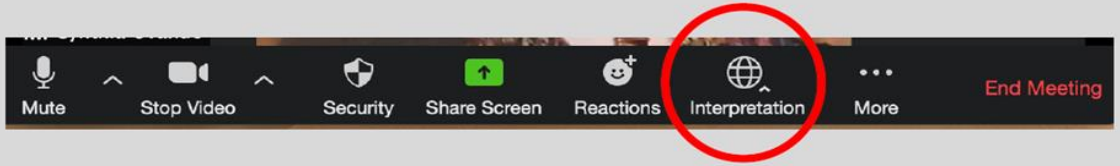
UCSF

University of California
San Francisco

Interpretation / Interpretación / 翻譯

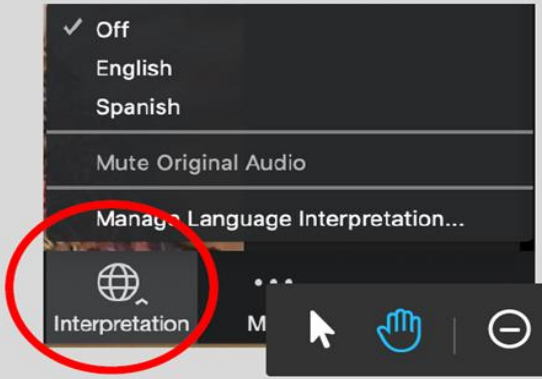
1 Go to Controls

Vaya a los controles | 控制項



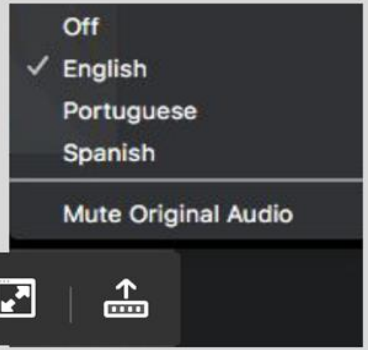
2 Click “Interpretation”

Clic en “Interpretación” | 翻译



3 Choose a Language

Escoja un idioma | 選擇一種語言



WELCOME

Co-Hosts

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COVID Basics & School Safety

UCSF Pediatric Advisory Task Force

Sohil R Sud, MD, MA
Pediatrician, UCSF Benioff Children's Hospital San Francisco
UCSF Collaborative to Advise on Re-opening Education Safely (CARES)

Dayna Long, MD
Co-Director, UCSF Center for Child and Community Health
Pediatrician, UCSF Benioff Children's Hospital Oakland

Rose Messina, LCSW
Director, SPARK Program
UCSF Benioff Children's Hospital Oakland

Abbey Alkon, RN, PhD
UCSF School of Nursing
Director, California Childcare Health Program

Noemi Spinazzi, MD, FAAP
Pediatrician & Down Syndrome Clinic Director,
UCSF Benioff Children's Hospital Oakland

UCSF Benioff Children's Hospital Oakland

Center for Child and Community Health

UCSF

University of California San Francisco

COVID & HEALTH EQUITY

Values of Trauma-Informed Systems

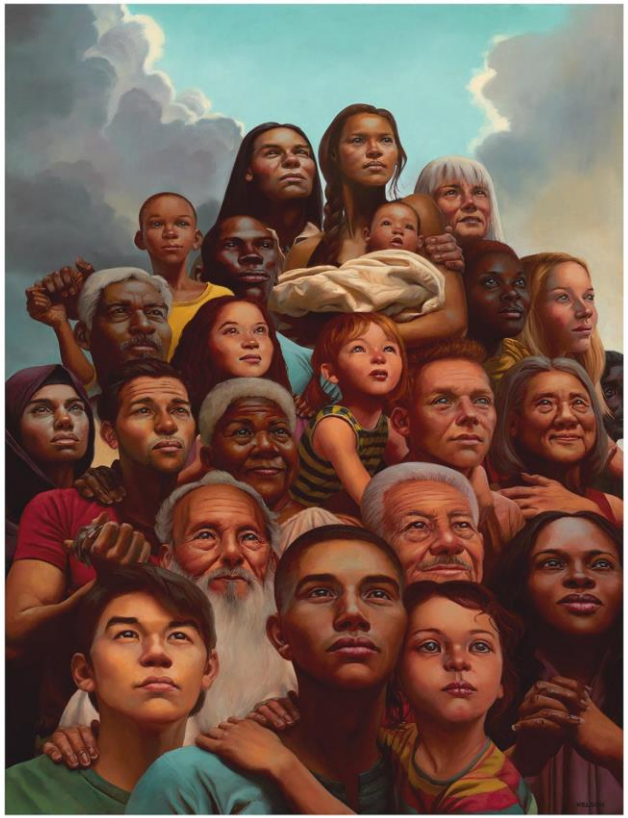
Transparency

Safety

Racial Equity and Disability Justice

Collaboration and Empowerment

Recovery and Resilience



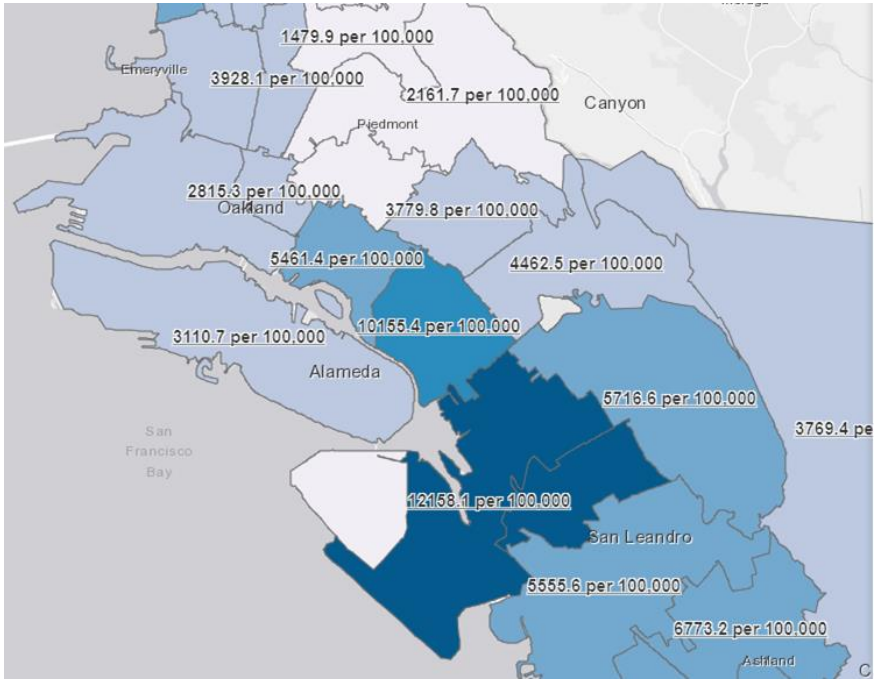
Role of Racism and Medical Abuse

- **Mistrust of healthcare systems and medicine** stems from historical and ongoing experiences of abuse and harm
- Poverty, educational gaps, housing instability, and lack of healthcare put **racial and ethnic minority groups at higher COVID risk**
- Some strategies to slow spread **harmed impacted communities** unintentionally due to lost wages, increased stress and other consequences

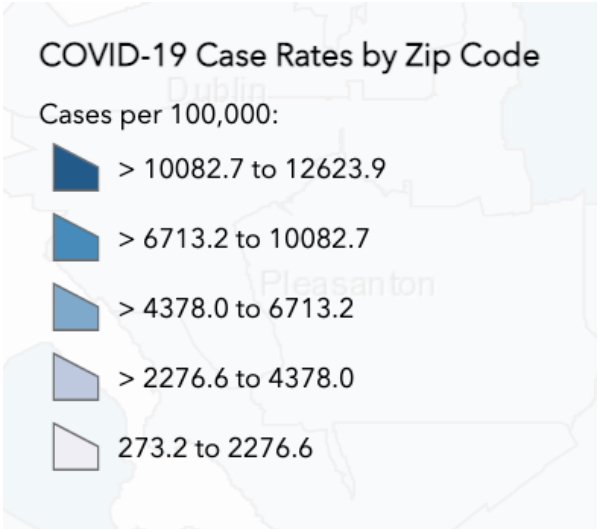
Source: CDC, https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html

COVID Cases by Zip Code

Infection rates much higher in communities with high poverty than in more affluent areas.



Data accessed 3/2/2021



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

COVID Science and Equity Focus

"We started with different levels of awareness at the beginning of the pandemic about the legacy of systemic, structural racism and inequality...It does feel different, now. There is this awareness, in some an awakening, and in everybody a reckoning.

What keeps me up at night is misinformation and disinformation, and how fast it's moving. I wouldn't have predicted that in the throes of a national pandemic, there would be actors pushing intentional misinformation, often targeted at the very groups that are suffering the greatest.

I'm hoping, as part of the new normal, that we really restore trust in...science and evidence and data."

-- **Marcella Nunez-Smith, MD, MHS**
Co-Chair, President Biden's COVID Equity Task Force

Young Children and the Pandemic

- Decreased opportunity for socialization - fewer playdates, less access to playgrounds
- Early childhood education supports developmental milestones - communication, social-emotional development **[Missed opportunities for screening and support]**
- Early childhood education is a setting where young children develop emotional regulation skills

https://images.app.goo.gl/iwnvZ1vj2j2kEGMF6

Preparing for in-person early childhood education

Supporting Transition

Young children need:

- Predictability
- Have their feelings validated
- Feel safe

In order to learn and develop

Preparing for in-person school

Goal: ***To be and feel safe***

Home strategies:

- Practice new daily routines
  - Wear masks (including when outside, for added practice)
  - Practice safe greetings
- Read stories about going to school
- Talk about things we do to stay safe

School strategies

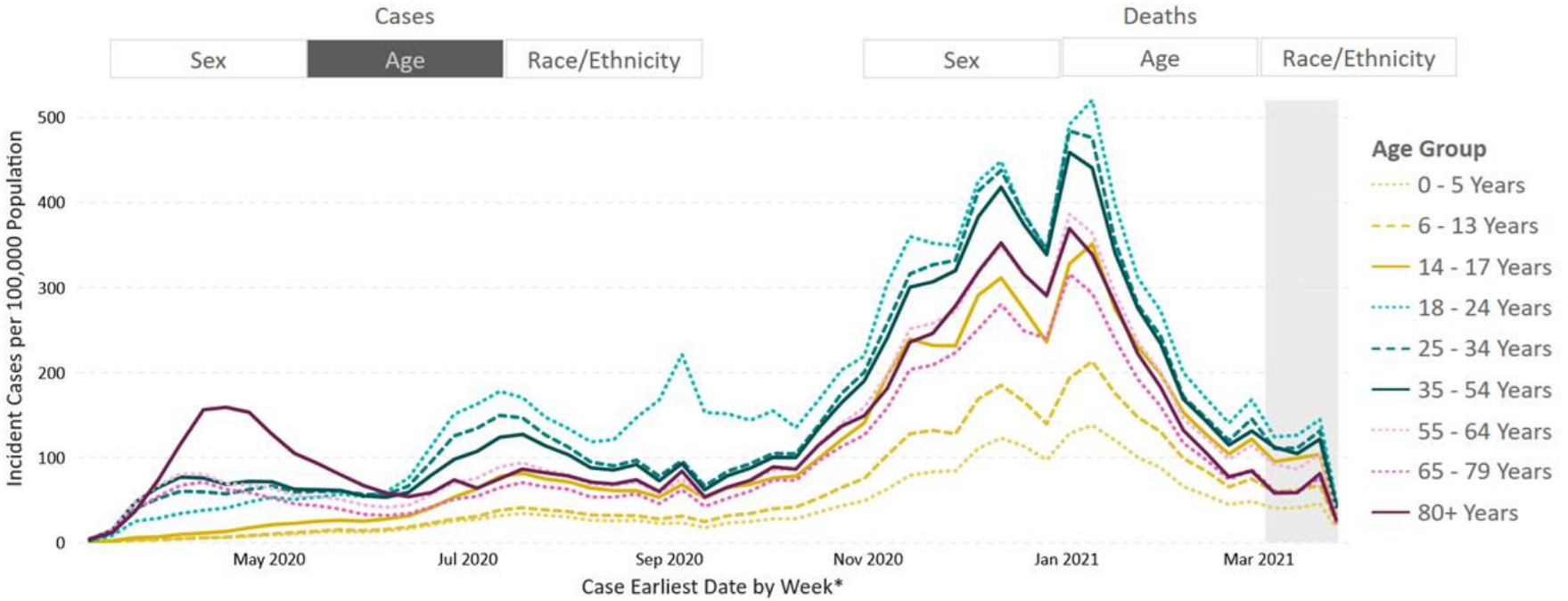
- Share expectations with families so they can prepare kids
- Set up your classrooms to maximize layers of protection

QUESTIONS

COVID BY THE NUMBERS

COVID-19 Weekly Cases per 100,000 Population by Age Group, United States

March 1, 2020 - March 25, 2021



Percentage of records reporting: Age = 99.26%

US territories are included in case and death counts but not in population counts. Potential two-week delay in case reporting to CDC denoted by gray box.

**Case Earliest Date is the earliest of the clinical date (related to illness or specimen collection and chosen by a defined hierarchy) and the Date Received by CDC.*

Last Updated: Mar 30, 2021

Source: CDC COVID-19 Case Line-Level Data, 2019 US Census, HHS Protect; Visualization: Data, Analytics & Visualization Task Force and CDC CPR DEO Situational Awareness Public Health Science Team

Source: CDC, accessed 3/30/21

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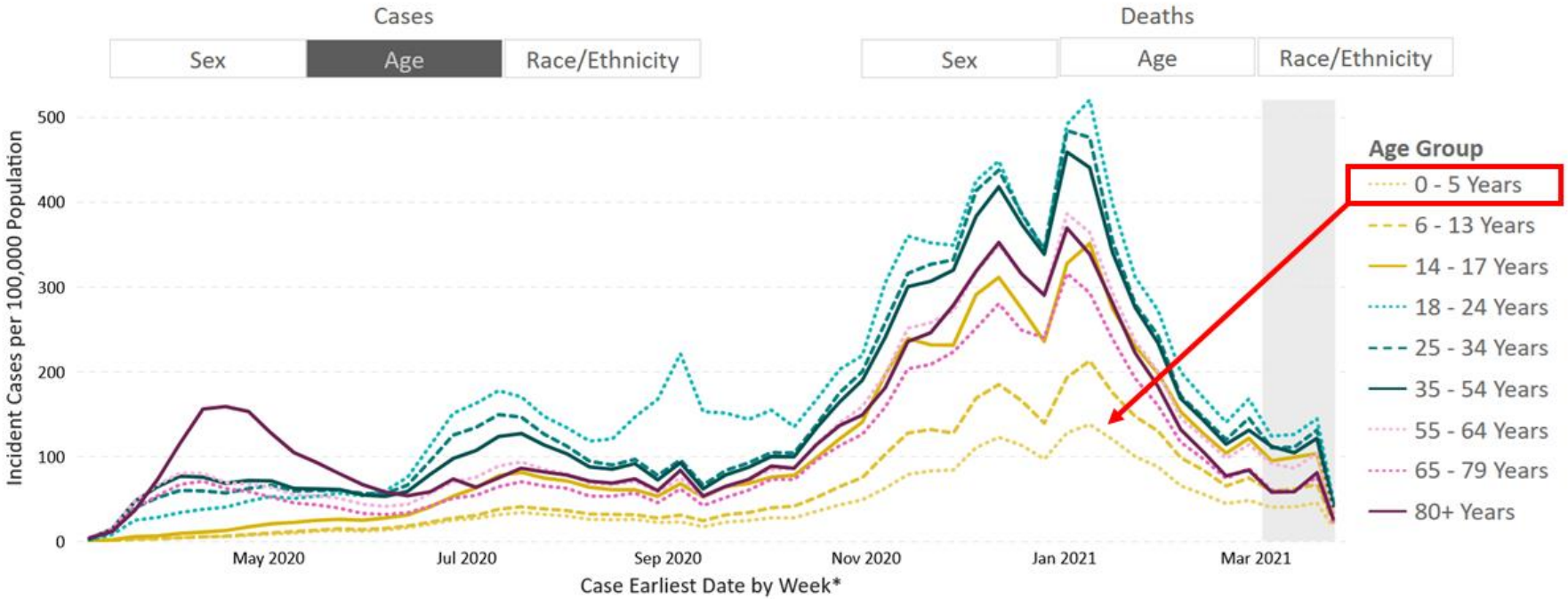

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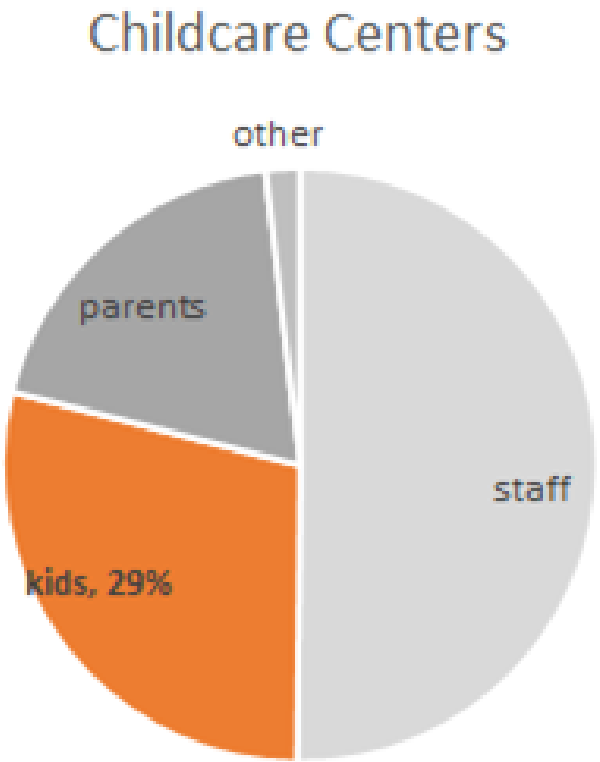
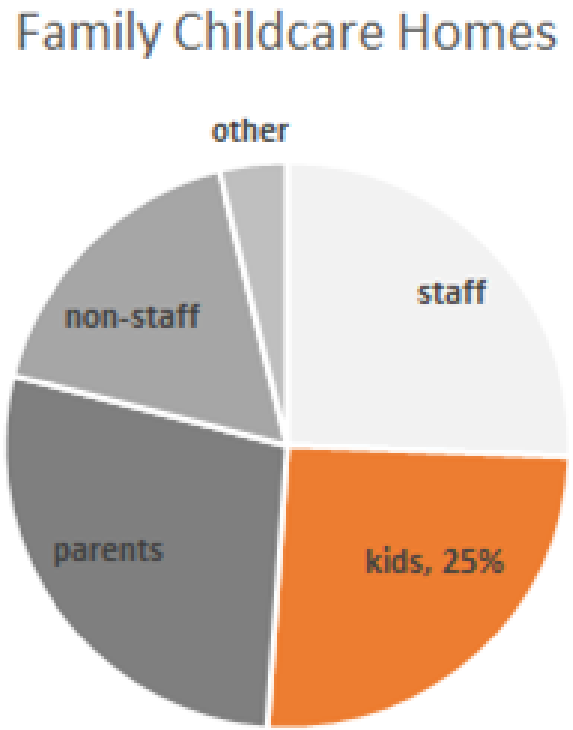
Source: CDC, accessed 3/30/21

Childcare-Associated COVID-19 cases, statewide, 3/29/21

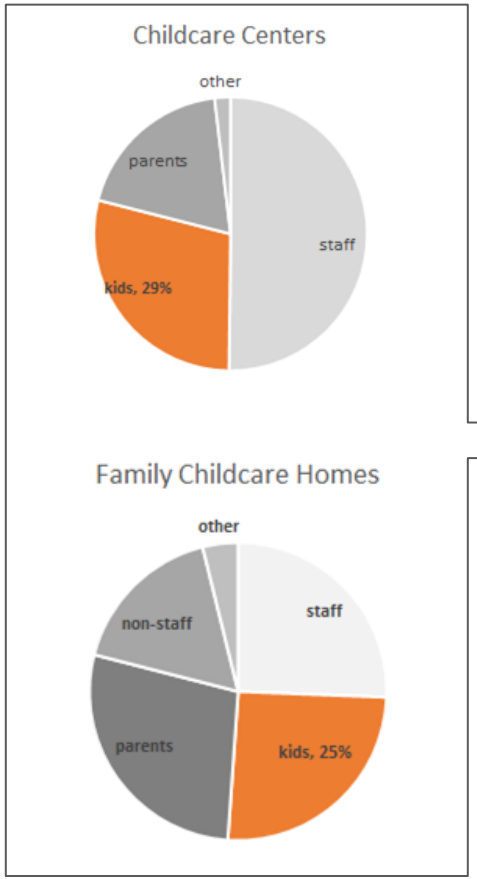
34,106 open facilities statewide; 12,785 total infections

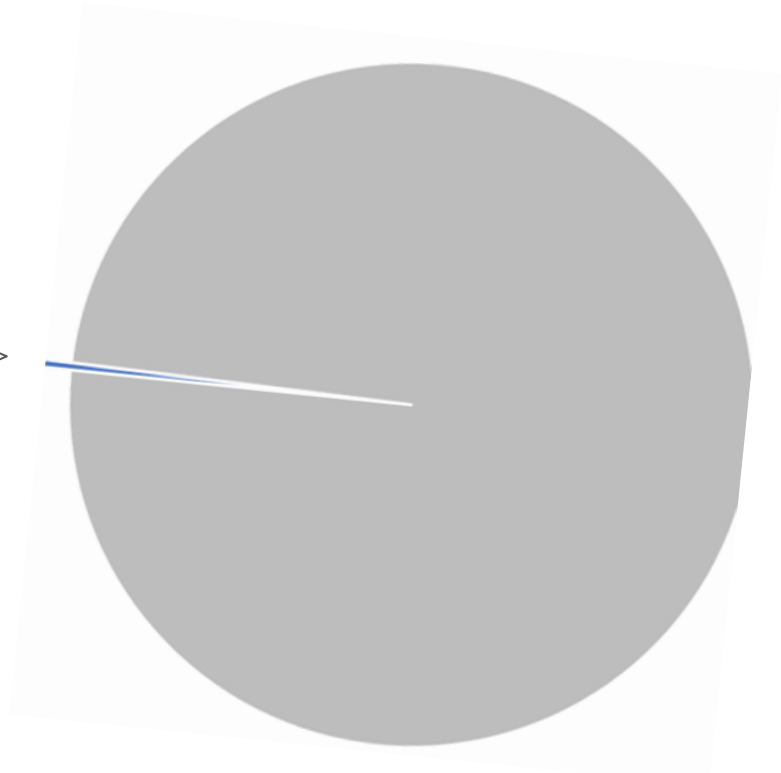




Source:https://www.cdss.ca.gov/, 3/31/21

Childcare-Associated cases of account for less than 1% of all COVID-19 infections in California

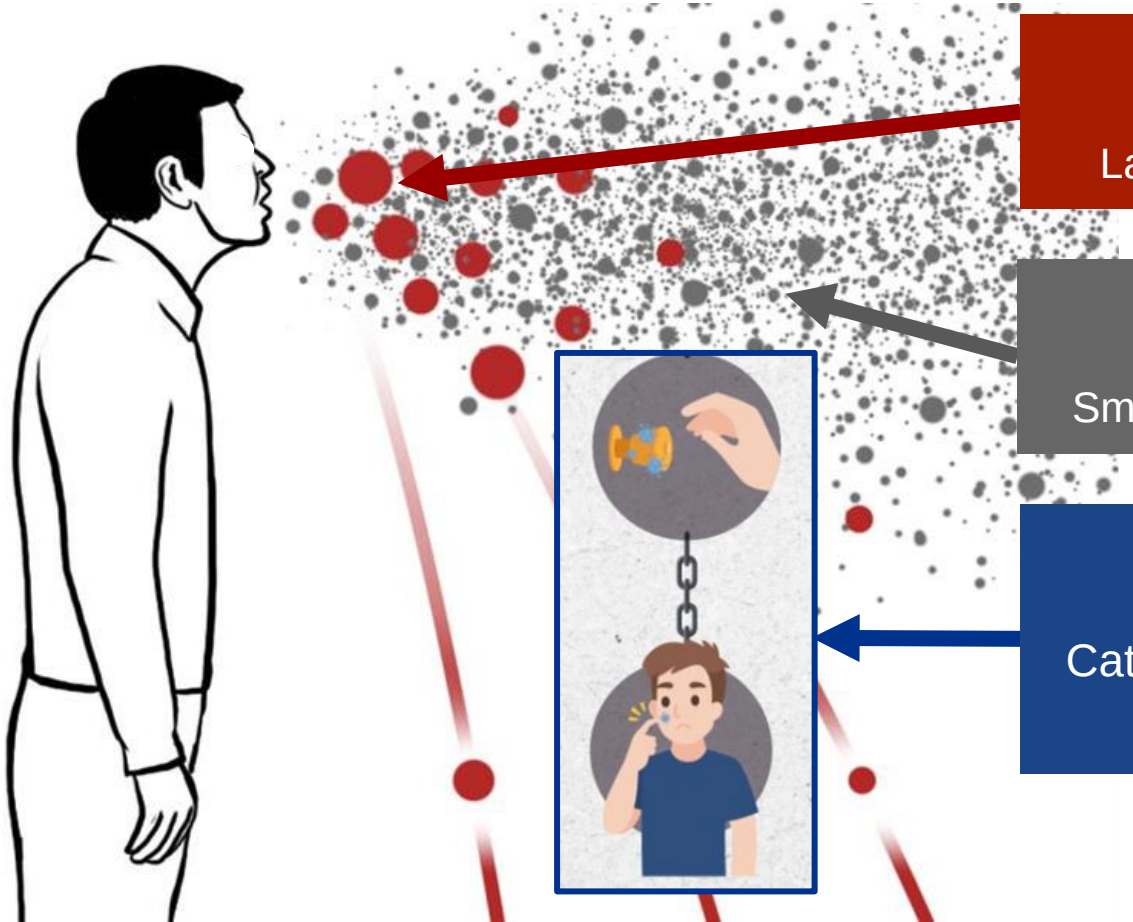




Source: https://covid19.ca.gov/, 3/31/21

COVID TRANSMISSION

Modes of Transmission

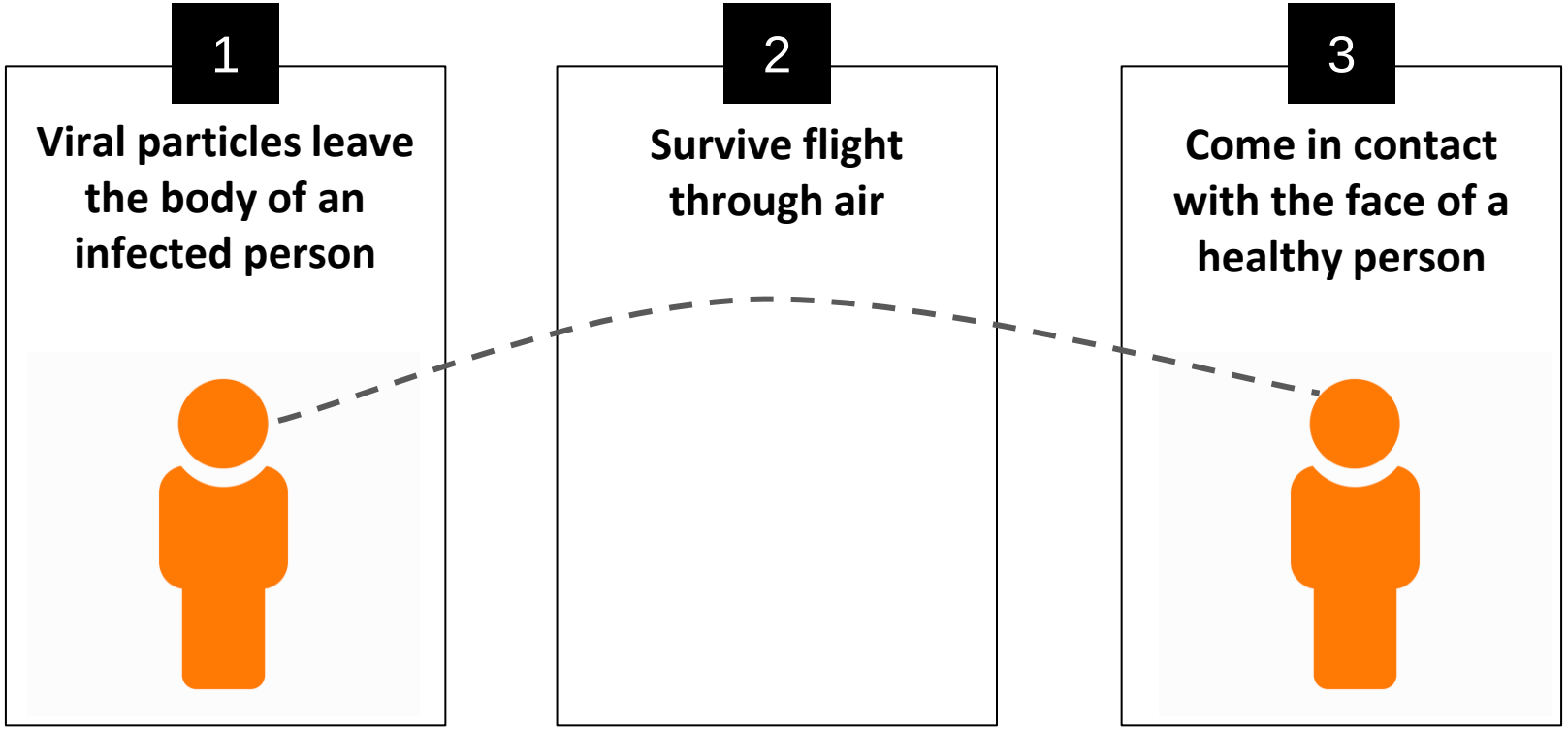


MOST FREQUENT
Droplet
Large particles fall within a few feet

LESS COMMON
Aerosol
Smaller particles can remain in the air

LESS COMMON
Surface
Catching COVID from contaminated surface

Stages of Respiratory Transmission



High risk exposure

=

Close person-to-person contact

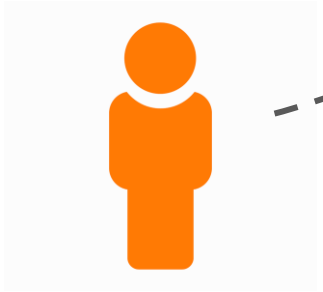
(more than 15 minutes within 6 feet)

Protection Against Respiratory Spread

1

Keep Particles from Leaving Infected Person

- Symptom screening
- Masks
- Cohorting
- Testing



2

Decrease Survival of Particles in the Air

- Physical distancing
- Being outdoors
- Improving ventilation
- One-way traffic flow

3

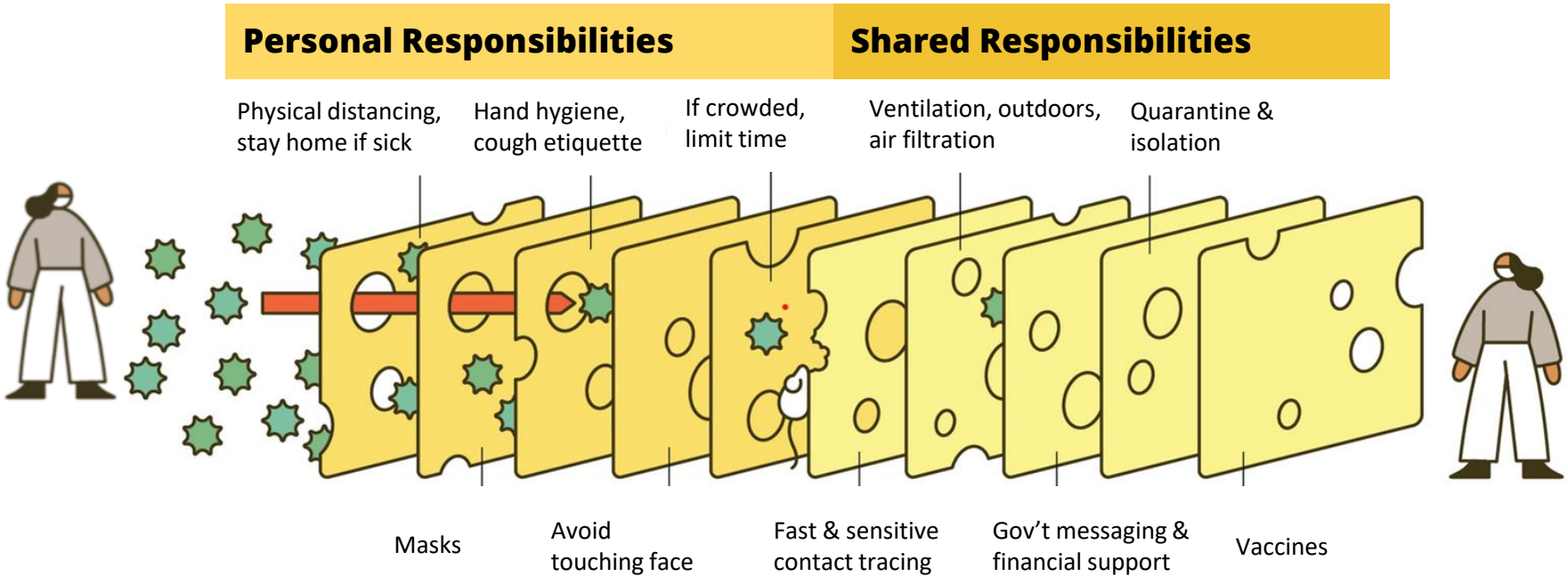
Keep Particles Away from Healthy Person

- Masks
- Face shields
- Physical barriers
- Vaccination

RISK REDUCTION

Swiss Cheese Model of Defense

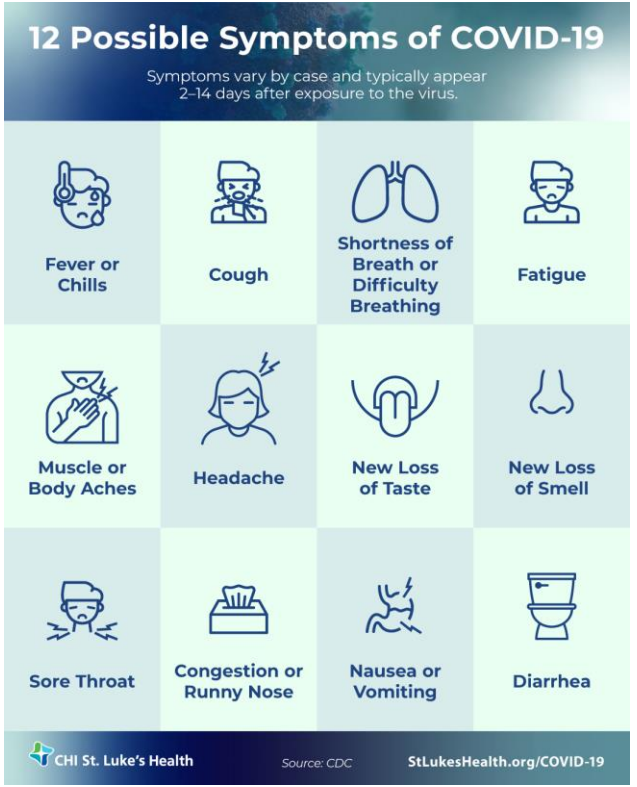
Multiple layers of defense improve success.
No single safety measure is perfect at preventing spread.



Source: New York Times, Adapted from Ian M. Mackay (Virologydownunder.com) and James T. Reason. Illustration by Rose Wong'

Slice 1: Stay Home if Sick

- Screen **prior** to departing for school
- Stay home for:
  - **New** symptoms in student or family within 24 hours
  - If anyone is waiting for non-routine COVID result
  - Any **high risk** COVID-19 exposure or COVID+ household contact
- **High Risk = within 6 feet for greater than 15 min**



If your child has a chronic illness that causes chronic symptoms:
Talk to your doctor and school team to develop a plan for symptom screening

Slice 2: Physically Distance

Most respiratory particles fall within 3 feet

- Physically distance <u>when possible</u> and <u>as much as possible</u>
  - Limit duration of activities that involve close proximity
  - Set up activities with individual play trays/bins
  - Eat facing in the same direction
  - Sleeping arrangement
- Distancing may be more difficult for younger students, students who have mobility issues, require an aide, need diaper changes, or have impulsive behavior.
- **Maximize other layers of protection**

https://images.app.goo.gl/pTKoemRPNKFSQT3BA

Slice 3: Masking

Cloth Mask

- Reusable
- At least 2 layers

Surgical Mask

- 3 layers of tightly woven fibers

N95

- More specialized
- **Most appropriate for prolonged, close exposure**
- Best if fitted

ALERT

DANGEROUS!

Valved N95

- Lets particles escape out
- Not acceptable

What if My Student Won't Wear a Mask?

- **Won't ≠ Can't -** Kids can learn!
- Work with your school team to help the child get used to the mask
  - Desensitization
  - Rewards
  - Play
  - Scheduled mask breaks
- Risk reduction: Can the child tolerate another type of cloth barrier?
- Maximize other layers of protection

https://images.app.goo.gl/pEdBMUXsS15hsp2c7

Sesame Street: Fluffers Wears a Mask

Slice 4: Physical Barrier for the Face

- A face shield will block particles from reaching your face.
- It will also make it harder to touch your face

Face shield is NOT a substitute for wearing a mask.

If you wear a face shield, wear a mask with it as well.

https://images.app.goo.gl/VTnDmmJHTWbgtet87

https://images.app.goo.gl/c1eVJBDTb11aUqFw9

Slice 5: Hand Hygiene Before Touching Face

- Hand sanitizer is very effective
- Washing with soap and water for at least 20 seconds before and after eating, after using bathroom

- Teach and practice handwashing
- Add hand hygiene to classroom routine
- Frequent cleaning may play a bigger role in an early childhood education classroom
- "Deep cleaning" is less useful for COVID prevention than regular hand washing.

Slice 6: Minimize Time in Crowded Spaces

Consider a staggered approach

- Stagger arrival and departure
- Stagger lunch and bathroom times
- Aim for stable cohorts

Source: https://images.app.goo.gl/he1w8eMwyWdtMdF66

Slice 7: Testing and Contact Tracing

Three approaches to testing:

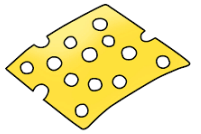
- **Symptom-based:**

  When someone has symptoms that might be caused by COVID
- **Exposure/outbreak:**

  When someone or a group of people are exposed to COVID
- **Monitoring**:

  Regular testing to detect infection without symptoms and monitor prevention

Slice 8: Maximize Indoor Air Quality



CALIFORNIA CCHP CHILDCARE HEALTH PROGRAM

Healthy Air in Your Child Care Facility

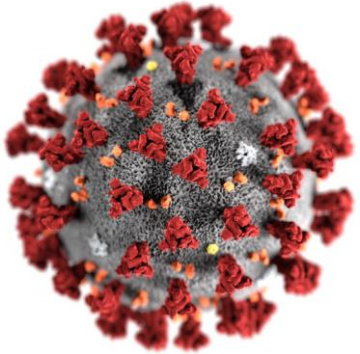
The quality of the air we breathe affects the health and well-being of both children and adults. Poor air quality can also affect children's learning and behavior. To increase the quality of air at your facility, follow these three key guidelines:

UCSF California Childcare Health Program • cchp.ucsf.edu 02/2021
This poster was made possible with funding from the Heising-Simons Foundation.

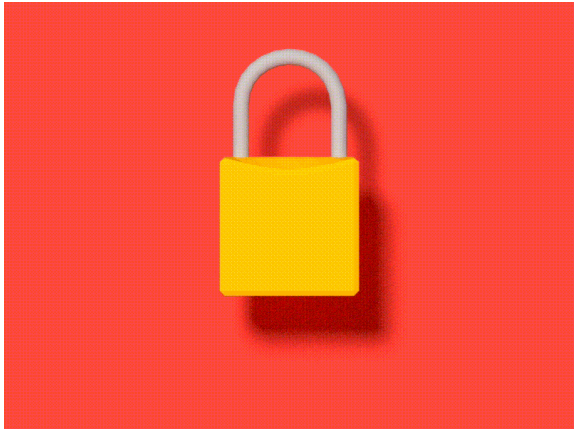
QUESTIONS

VACCINES: DEEP DIVE

How COVID-19 causes infections



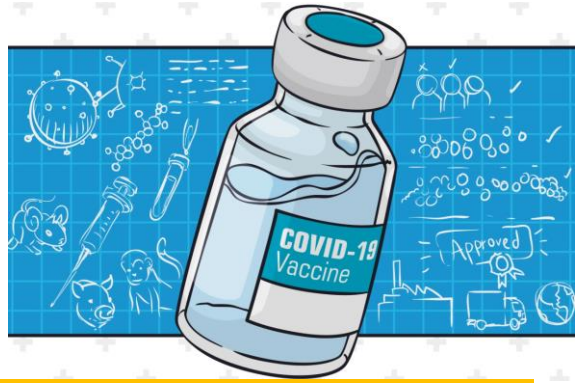
- The virus surface is covered in “spike protein”
- The spike protein acts like a key that “opens the lock” to enter our bodies’ cell
- Then the virus makes more copies of itself
- Cells get filled with virus and die



Slice 9: COVID 19 Vaccine

https://images.app.goo.gl/vGdTC6GeM5v9KExK9

- **A vaccine is like a school lesson for our body's defense system**. It teaches the body to recognize a germ before we ever come in contact with it in real life
- The COVID vaccine contains instructions for our body to make the spike protein, so our body can study that.
- **The immune system needs time to learn the lesson.** It takes some time for the vaccine to begin to provide protection



There are a lot of questions about the vaccine - they are all valid!

VACCINES:
FREQUENTLY ASKED QUESTIONS

Vaccine Effectiveness

Is the vaccine effective? <u>Yes!</u>

- Five vaccines have been developed and **all are VERY effective!**
- 3 vaccines currently available in the US
- **All vaccines significantly reduce risk of disease, hospitalization, and death**
- Rates of infection decreasing rapidly in places that are achieving vaccination rates over 30%

Vaccine Safety

What are the side effects?

- Most side effects are relatively minor → →
- Severe allergic reactions are very rare

Common Side Effects

Sore arm
Swollen lymph nodes
Fever or chills
Headache
Fatigue
Muscle aches
Nausea

How was the vaccine developed so quickly?

1. Scientists built on previous knowledge. Vaccine research on similar viruses started almost 20 years ago

1. mRNA vaccines are much faster to produce than traditional vaccines.

1. No financial barriers to developing vaccine and running trials.

COVID-19 vaccines met same safety standards as all vaccines

- Before authorization: FDA reviews all safety data from clinical trials.
- ACIP reviews all safety data
- California and New York reviewed independently

https://www.tpchd.org/home/showpublisheddocument?id=7931

Common Questions

Q: Can the vaccine give me COVID?

A: NO. It's not a live virus vaccine.

Q: Can I test positive for COVID after the vaccine?

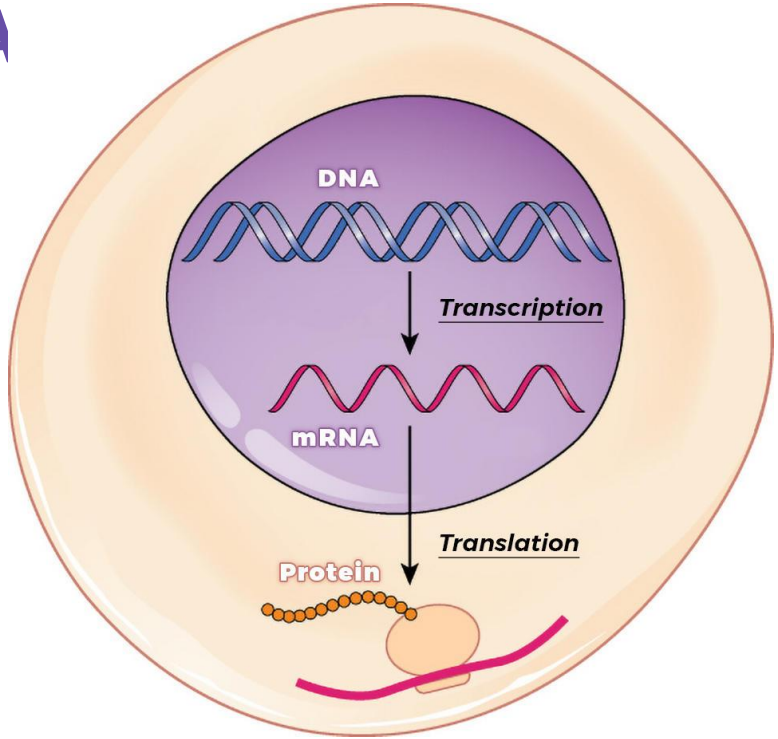
A: NO. It's not a live virus vaccine.

Q: Can the vaccine cause me to COVID to someone else?

A: NO. It's not a live virus vaccine.

Q: Can it modify my DNA?

A



DNA

mRNA = messenger RNA

Protein

Q: Do vaccines cause Autism?

A: NO

Clinical Pharmacology & Therapeutics

Practice | Full Access

Vaccines and Autism: Evidence Does Not Support a Causal Association

F DeStefano

First published: 10 October 2007 | https://doi.org/10.1038/sj.clpt.6100407 | Citations: 3

UC-eLinks

The Brown University Child and Adolescent Behavior Letter | CABL | BROWN

Supplement | Free Access

Vaccines do not cause autism: Pediatricians fight back against anti-science

Alison Knopf

First published: 27 January 2017 | https://doi.org/10.1002/cbl.30195 | Citations: 1

ELSEVIER

Vaccine

Volume 19, Issue 27, 14 June 2001, Pages 3632-3635

MMR and autism: further evidence against a causal association

C.Paddy Farrington [a], Elizabeth Miller [b], Brent Taylor [c]

Q: Is there a microchip in the vaccine?

A: NO

Can Kids Get the Vaccine?

- **NOT YET for kids under 16 year of age**
- Studies are ongoing to make sure the vaccine is safe and effective in children - **good news just announced today!**
- When the community gets vaccinated, the risk of catching COVID is lower for kids too, even if they have not yet received the vaccine
- Alameda County - everyone will be eligible starting 4/15
- Contra Costa County - everyone over 16 yrs eligible now!

Other Things to Know

Talk to your doctor if you:

- Have any questions!
- Are pregnant or breastfeeding
- Take medications that suppress your immune system
- Have a history of allergic reaction or anaphylaxis to food,vaccine or medication

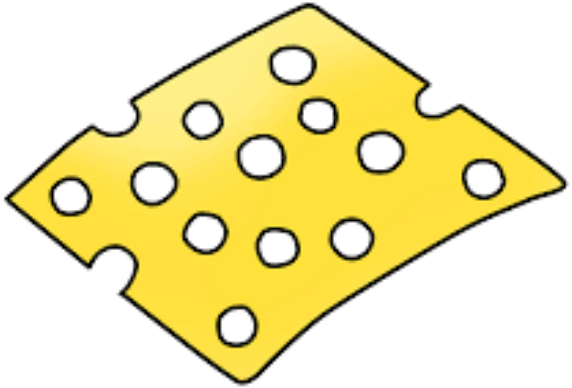
Medical reasons not to get the COVID vaccine:

- Anaphylaxis to the first dose of the COVID vaccine

Vaccination is a Personal Choice

A healthcare provider you trust can help you make an informed decision

Vaccination is just ONE slice of prevention!



REMEMBER

We all need multiple layers of prevention.

VARIANTS

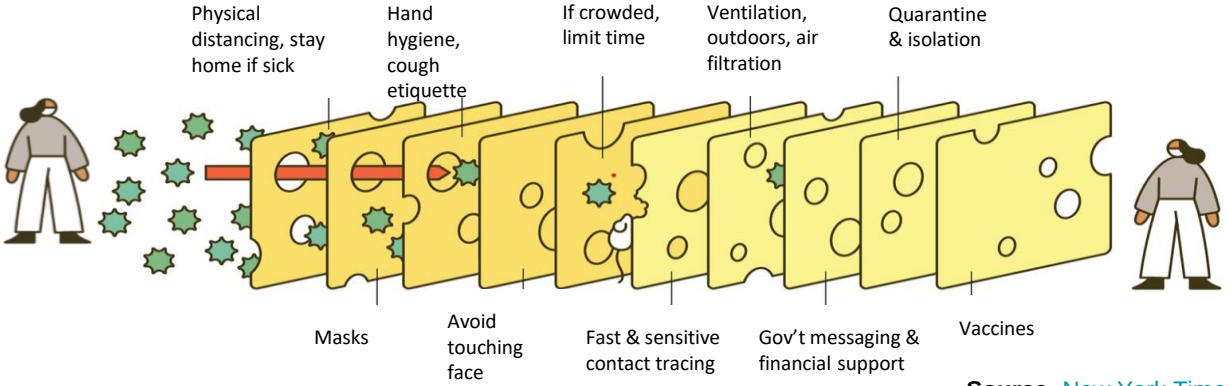
What is a variant?

- A variant is a version of the virus that is slightly different from the original because of a change in its genes
- Genes function like an instruction manual
- When the instruction manual for COVID changes, the virus gradually changes and evolves

Variants happen with ALL viruses...

New variants COULD make the virus:
More contagious, cause more serious illness,
less responsive to vaccine and antibodies.

The Swiss Cheese Model protects against variants:
Each layer of protection has holes. To be as safe as possible, use the slices together to prevent holes from letting virus through.



Source: New York Times

QUESTIONS

THANK YOU!