

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

Wednesday, March 31, 2021 6:00-7:30 PM

Key Takeaways and Resources

Key Takeaways:

1. Racism and inequities are pervasive and impact each of us and our community. We ground ourselves tonight in principles of equity and transparency. The pandemic has disproportionately impacted communities of color and low income communities. We celebrate improving trends in infection and hospitalization rates, while recognizing ongoing disparities. We aim to share trustworthy information with you tonight
2. The pandemic has pushed early childhood educators to adjust to a new normal. The past year has caused many children to miss key learning, socialization, and screening opportunities. We have explained the changes to our children by saying that a lot of activities are "not safe" - and we now have to transition to communicating how to return to in-person learning in a way that feels safe.
3. Reassure children that when you are at school or in child care, you are safe.
4. The challenge for early childhood educators will be to reintroduce routines, and the "just right" amount of challenge in their day. It will be important to name and validate feelings. It will be important to support children in feeling safe, while being concrete about what "being safe" means.
5. Partner with families to help prepare children for successful return to in person early childhood education.
6. Young children can get Covid, but they are less likely to become infected and much less likely to become significantly ill from Covid.
7. The majority of transmission is in the community, and most of the transmission is from adult to adult.
8. Covid is transmitted by respiratory particles. Droplet transmission is by far the most common mode of transmission.
9. Layers of protection will protect against the inevitable holes in each layer of protection, just like layers of swiss cheese.
10. Screening for new symptoms is very important.
11. Distancing can be more difficult for younger children - think about distancing whenever possible, as much as possible.

12. Masks are an important layer of protection. Kids can learn to wear a mask, and may need a developmentally appropriate approach to become desensitized.
13. Face shields can provide an additional layer of protection, but they are not a substitute for a mask.
14. Hand washing is effective at decreasing surface transmission
15. Minimizing time in crowded spaces and keeping stable cohorts is a way to reduce transmission risk.
16. Testing is done for different reasons: when someone has symptoms, when someone has had a high risk exposure, and routinely to monitor for the effectiveness of all other risk reduction strategies.
17. Maximizing indoor air quality is an important focus of risk reduction. It includes exchanging the air by increasing air circulation, and cleaning the air with specialized air filters. Do not use ionizers, it can release ozone, which can trigger respiratory issues
18. The Covid virus is a small ball with spikes on it. It enters the body's cells, bursts and releases more viruses. It takes the body weeks to develop immunity after the vaccine. The vaccine works. There are 5 vaccines worldwide and 3 available in the United States-Moderna, Pfizer and Johnson and Johnson. Possibly the best vaccine that we have ever had. All vaccines significantly reduce risk of disease, hospitalization, and death. The vaccine protects me and you, even if you have not yet had a vaccine. This is called herd immunity.
19. The vaccine does have side effects that are manageable and short lived. The side effects are the result of the vaccines working. The chance of a severe allergic reaction is 4.5 in 1 million. This is why you will wait for 15 minutes after you receive your immunization to make sure that this does not happen.
20. The vaccines were based on science and well funded. No shortcuts were taken on safety.
21. No long term side effects seen. Two months is a long time for vaccines and if side effects were to develop, they would show up within two months.
22. The vaccines do not change our DNA. Like a menu with all the offerings at a restaurant, the waiter takes order on your ticket and the chef takes the ticket and makes the meal. The vaccine is the ticket. Not the menu or the meal.
23. Vaccines do not cause autism
24. The vaccine is not a microchip
25. The vaccine is for folks 16 years of age and up.
26. Talk to your doctor about any questions. We are here for you.

27. There are variants for COVID. We expect variants with viruses. Any variant can be more or less transmittable. However, we put layers of protections in place that work. We know how to fight against the variants.
28. Adverse childhood events (traumatic events that happen in our childhood) have been proven to impact our health, development, and emotional wellbeing. We have evidence-based tools that can help counteract the impact of trauma on our health, including using an adult to help a child co-regulate, supporting sleep and nutrition, and spending time in nature. 1. Supportive Relationships 2. Quality Sleep 3. Balanced Nutrition 4 Physical Activity 5. Mindfulness 6. Access to nature 7. Tend to your mental health

Resources:

1. UCSF California Childcare Health Program has resources on COVID19 and ECED Programs:
<https://cchp.ucsf.edu/>
2. Health and Safety Note on Healthy Air in Child Care:
https://cchp.ucsf.edu/sites/g/files/tkssra181/f/HealthyAir_Note_02-21.pdf
3. Healthy Air in Child Care Poster:
https://cchp.ucsf.edu/sites/g/files/tkssra181/f/HealthyAir-Poster_02-21.pdf
4. Face Masks in Child Care Programs – Home webpage:
<https://cchp.ucsf.edu/face-masks-child-care-programs>
5. Vaccine Frequently Asked Questions – Home webpage:
<https://cchp.ucsf.edu/covid-19-vaccine-frequently-asked-questions>
6. Cleaning Poster:
https://cchp.ucsf.edu/sites/g/files/tkssra181/f/Step-by-Step-Cleaning-CCP_4-20.pdf
7. Disinfecting Poster:
https://cchp.ucsf.edu/sites/g/files/tkssra181/f/Step-by-Step-Disinfecting-CCP_4-20.pdf
8. Bi-Monthly UCSF-California Childcare Health Program Newsletter on COVID19 for ECE Programs – Subscribe via link below or email: mira.liao@ucsf.edu
9. <https://ucsf.us7.list-manage.com/subscribe?u=7e05d805fb2453e81324b38cf&id=f37245b68d>