



# COVID-19 and Youth Programming

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## Coronavirus Disease 2019 (COVID-19)

COVID-19 Home

Strategies to Slow the Spread

Situation Update

About COVID-19

Protecting Yourself and Family

Community Settings

Travelers

Health Care

# Coronavirus Disease 2019 (COVID-19)



How the latest Executive Order to stay safe affects you: [#StaySafeMN](#)

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**Facemasks and Personal Protective Equipment**

**Symptoms and Testing for COVID-19**

**Surgeries and Procedures During COVID-19**

# MDH COVID-19 Website

# COVID-19 Website

The screenshot shows the MDH COVID-19 website with the following sections and highlighted items:

- Situation Update:** Latest information, including Minnesota case information.
- About COVID-19:** Symptoms, when to see a doctor, testing, and more.
- Protecting Yourself and Your Family:** How to protect yourself and your family, including those with underlying medical conditions.
- Strategies to Slow the Spread:** Summary of executive orders.
- What MDH is Doing:** Work by MDH and partners.
- Materials and Resources:** Videos and print materials translated into multiple languages.
- Guidance Library:** List of MDH and CDC guidance documents.
- Travelers:** Travel guidance and recommendations during the outbreak.
- Health Care:** Guidance for providers and facilities, including long-term care and nursing homes.
- Schools and Child Care:** Guidance for schools and child care staff and students, including Institutes of Higher Education (IHE).
- Community Settings:** Faith-based, adult/senior day centers, jails/correctional settings, congregate living and homeless shelters.
- Businesses and Employers:** Guidance for employers and employees.
- First Responders:** Guidance for EMS and law enforcement.

- [MDH COVID-19 Web: https://www.health.state.mn.us/diseases/coronavirus/index.html](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- Situation Updates
- Schools and Childcare (youth programming resources there)
- Materials and Resources

# MDH Youth and Student Programs (Schools/Child Care)

**DEPARTMENT OF HEALTH**

HOME TOPICS ABOUT US

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## Schools and Child Care

Schools and Child Care Home

Masking Recommendations

IHE

Cleaning and Disinfecting IHE

Cleaning and Disinfecting Schools and Child Care

Frequently Asked Questions for Cleaning Staff

Recommended Supplies

### Related Topics

COVID-19 Home

Materials and Resources for COVID-19

Infectious Respiratory Illness

## Schools and Child Care: Coronavirus Disease 2019 (COVID-19)

On April 23, 2020, Governor Walz authorized the Commissioner of Education to extend the Distance Learning Period through the end of the 2019-2020 school calendar year. ([Executive Order 20-41](#)).

More information is available:

- [Minnesota Department of Education: COVID-19 Updates](#)
- [State of Minnesota: COVID-Child Care Updates](#)

**On this page:**

- [Safety and Well-being](#)
- [Institutes of Higher Education \(IHE\)](#)
- [Cleaning and Disinfecting](#)
- [CDC Guidance](#)
- [Other Resources and Print Materials](#)

The situation surrounding the outbreak is rapidly evolving and the information or recommendations are changing as new information becomes available. Please follow MDH and CDC recommendations and avoid creating situations that may stigmatize staff or students.

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**Facemasks and Personal Protective Equipment**

**Symptoms and Testing for COVID-19**

**Surgeries and Procedures During COVID-19**

**COVID-19 Hotlines:**  
Interpreters available

**Health questions:**  
651-201-3920 or 1-800-657-3903  
Weekdays: 8 a.m. to 6 p.m.  
Weekend: 8 a.m. to 4 p.m.

**Schools and child care questions:**  
651-297-1304 or 1-800-657-3504  
Weekdays: 8 a.m. to 6 p.m.  
Weekend: 8 a.m. to 4 p.m.

## Safety and Well-being

- Social Distancing and Exclusion Guidance Document
- Masking
- Food Service
- Mental Well-being

## Cleaning and Disinfecting

- Guidance and FAQs
- Recommended Supplies List

## CDC Guidance

## Other Resources and Print Materials

- Print Resources (Hand Hygiene, et. al.)



## Guidance for Social Distancing in Youth and Student Programs

UPDATED 5/13/2020

This guidance document outlines the practical application of prevention strategies to reduce the spread of COVID-19 in youth and student programming. This guidance is applicable to programs authorized to operate by Executive Order 20-56 including youth programs, K-12 schools, colleges, universities, and day camps. Other youth serving organization such as overnight camps can use this to start planning should programming be allowed to resume at a later date.

Specific guidance for licensed and certified child care providers is noted on the last page of this document.

Public health guidance is based on:

- [Centers for Disease Control and Prevention's Guidance for Schools and Child Care Programs \(www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html)
- [Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission \(PDF\) \(www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf\)](https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf)

MDH recognizes that each program setting is unique, and it may be difficult for the proposed strategies to be implemented in every setting. Administrators are encouraged to think creatively about ways to increase the physical space between staff and program participants while limiting interactions in large group settings.

### What is social distancing?

The term "social distancing" refers to measures being taken to restrict where and when people can gather in order to stop or slow the spread of infectious disease. In general, 6 feet of separation is the distance that should be kept between people interacting within their community. This recommendation is most important in the setting of a large gathering where there is intermingling of people whose symptom status may be hard to monitor.



Small, closed pods that serve a consistent group of participants and staff offer the opportunity to more closely control the environment through monitoring of symptoms and adherence to policies for people who are ill. Additionally, staff can build routines for participants to wash hands upon

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## Main principles:

- Social distancing whenever possible.
- Create small, consistent groups of 10 or less. Limit groups from intermixing.
- Encourage health etiquette.
- Routine cleaning practices.

# Considerations for High Risk Groups

- Encourage staff or children with underlying conditions to consult with their healthcare provider before deciding to attend.
- Children and staff returning home each day to household members with underlying conditions should also consider their risk.
- More information - [People who are at higher risk for severe illness: https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html)

- Maintain consistent group sizes of staff to attendee ratio of 1:9 or smaller.
  - Create consistent pods of the same staff, volunteers, and participants.
- Whenever possible, implement programming that refrains from intermixing pods.
- If intermixing of pods is necessary, limit the number of pods that intermix and keep records of staff, volunteers, and attendees that intermix.
  - These steps will help minimize transmission and also allow for swift contact tracing if needed.

# Masks and Cloth Face Covering

- Do children/attendees have to wear masks?
  - We recommend children/attendees that can reliably take them on and off (above age 2) wear them whenever possible. MDH does not recommend that younger children wear masks if they can't reliably follow CDC guidelines.
- What about staff?
  - Staff are encouraged to wear them during the work day as much as possible. Teach staff how to effectively use cloth masks.
  - If outdoors and **effectively and consistently** maintaining social distancing, then can consider not using them for certain activities.
  - Masks are most essential in times when physical distancing is difficult.
- Can shields be worn instead of masks?
  - Shields do not provide great source control on their own.

# Screening Attendees and Staff

- [Guidance for Childcare Programs that Remain Open:  
https://www.cdc.gov/coronavirus/2019-nCoV/community/schools-childcare/guidance-for-childcare.html](https://www.cdc.gov/coronavirus/2019-nCoV/community/schools-childcare/guidance-for-childcare.html)
  - Example 1 = Families take temp at home and validate while screener maintains social distancing and verbally questions parent/guardian
  - Example 2 = Physical barrier between attendee and screener
  - Example 3 = PPE; masking, goggles, gloves and gowns

# What happens when someone gets sick?

- Make a plan with parents prior to when programming begins around expectations if their child becomes ill or is exposed to COVID-19 while at the program.
- Send home any staff or attendees with any symptoms of illness.
  - Have a room or area to isolate symptomatic people before they can be picked up or leave on their own.
- Use the exclusion guidance document for anyone with symptoms consistent with COVID-19 to determine when they may return.

# Exclusion Guidance Implementation



## COVID-19 EXCLUSION GUIDANCE

### Decision Tree for Symptomatic People in Schools & Child Care Programs

Send home, or deny entry, to children, care providers, or staff with **any** symptoms of illness.

For symptoms consistent with COVID-19, reference exclusion criteria below to determine when individuals may return.

**Symptoms consistent with COVID-19 include:** new onset or worsening cough OR shortness of breath OR **at least two** of the following symptoms: fever (100.4°F or higher); chills; muscle pain; headache; sore throat; new loss of taste or smell.

**Has the person been clinically evaluated?**

Received laboratory test for COVID-19 <sup>a,c</sup>

**IF POSITIVE:** MDH will provide instructions to the person and household contacts about when it is safe to return to work/school.

**IF NEGATIVE:** Stay home until fever has resolved, other symptoms have improved, AND either two negative tests are received in a row at least 24 hours apart OR 10 days have passed since symptoms first appeared.

**Has the person been clinically evaluated?**

COVID-19 diagnosis without lab test

Stay home until you have had no fever for at least 3 days AND improvement of other symptoms AND at least 10 days have passed since your symptoms first appeared.

Siblings and household members also stay home for 14 days.

**Has the person been clinically evaluated?**

Alternate diagnosis or laboratory confirmed condition (e.g., norovirus, hand/foot/mouth) <sup>d</sup>

Follow provider directions, treatment, and return guidance.

Follow the [Infectious Diseases in Childcare Settings and Schools Manual](https://www.hennepin.us/daycaremanual) (<https://www.hennepin.us/daycaremanual>)

**For a person not clinically evaluated who is monitoring symptoms at home**

If experiencing symptoms of COVID-19 (see list above) <sup>c</sup>

Stay home until you have had no fever for at least 3 days AND improvement of other symptoms AND at least 10 days have passed since your symptoms first appeared.

Siblings and household members also stay home for 14 days.

**For a person not clinically evaluated who is monitoring symptoms at home**

Other symptoms not consistent with COVID-19 (diarrhea, vomiting, rash only) <sup>d</sup>

Follow the [Infectious Diseases in Childcare Settings and Schools Manual](https://www.hennepin.us/daycaremanual) (<https://www.hennepin.us/daycaremanual>)

Minnesota Department of Health  
Infectious Disease Epidemiology, Prevention and Control Division  
[www.health.state.mn.us](http://www.health.state.mn.us) | 651-201-5414 | 1-877-676-5414  
Updated: 5/6/2020

# = Household members should isolate at home while awaiting laboratory test results.  
<sup>c</sup> (Green box) = COVID-19  
<sup>d</sup> (Blue box) = Other symptoms

[COVID-19 Exclusion Guidance: Decision Tree for Symptomatic Individuals in Schools & Childcare Programs \(PDF\):](https://www.health.state.mn.us/diseases/coronaviruses/schools/exguide.pdf)  
<https://www.health.state.mn.us/diseases/coronaviruses/schools/exguide.pdf>

# Isolation vs. Quarantine

## Isolation:

- Used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

[CDC Quarantine and Isolation:  
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html)

## Quarantine:

- Used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

# Isolation and Quarantine, Cont.

- Cases will need to follow public health guidance:
  - 3 days with no fever AND
  - improvement of other symptoms AND
  - at least 10 days have passed since your symptoms first appeared.
- People identified as close contacts will need to be quarantined for 14 days since last exposure with the case.

# Buses and Transportation

- Encourage families to transport their kids to the program.
- Reduce the number of people on transportation buses to allow them to spread out.
  - Consider using visual cues to illustrate where participants may sit to adhere to social distancing.
- The cleaning and disinfecting for school buses guidance is found in the Cleaning and Disinfecting Guidance for Schools.
  - Bus seats and handrails are high touch surfaces that require frequent cleaning.
- Drivers should adhere to CDC guidelines
  - [What Rideshare, Taxi, Limo, and other Passenger Drivers-for-Hire Need to Know about COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/rideshare-drivers-for-hire.html](https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/rideshare-drivers-for-hire.html)

**m** DEPARTMENT OF HEALTH

## COVID-19 Cleaning and Disinfecting Guidance FOR SCHOOLS AND CHILD CARE PROGRAMS

The purpose of this document is to provide guidance for cleaning and disinfecting in schools and child care programs. This guidance is based on the Centers for Disease Control and Prevention (CDC) recommendations for schools, workplaces, and community locations.

**Resource**  
[CDC Cleaning and Disinfecting Your Facility \(https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

### How COVID-19 spreads

The virus that causes COVID-19 is mainly spread by respiratory droplets. When someone infected with COVID-19 coughs or sneezes, respiratory droplets that contain the virus are expelled and can be breathed in by someone nearby. Although the virus cannot enter the body through the skin, the respiratory droplets carrying the virus can get into your airways or mucous membranes of your eyes, nose, or mouth to infect you. The virus can also be spread if you touch a surface contaminated with virus and then touch your eyes, nose or mouth, although this is not the primary way the virus spreads.

### Guidance for cleaning and disinfecting

Routine cleaning and disinfecting is key to maintaining a safe environment for faculty, students, and staff.

- **Cleaning** removes dirt and most germs and is usually done with soap and water.
- **Disinfecting** kills most germs, depending on the type of chemical, and only when the chemical product is used as directed on the label.

### Routine cleaning and disinfecting

Clean and disinfect at least daily (or more, depending on use patterns) frequently touched surfaces and objects such as:

- Door knobs and handles
- Stair rails
- Classroom desks and chairs
- Lunchroom tables and chairs
- Countertops
- Handrails
- Light switches
- Handles on equipment (e.g., athletic equipment)
- Push-buttons on vending machines and elevators

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- [COVID-19 Cleaning and Disinfecting Guidance for Schools and Child Care Programs:](https://www.health.state.mn.us/diseases/coronavirus/schools/clean.html)  
<https://www.health.state.mn.us/diseases/coronavirus/schools/clean.html>

- Should attendees be discouraged from bringing home items from their program (e.g. crafts)?
  - No.
- Can activity instructors be 10 ft. apart from the group of 10 (9 kids, 1 staff) and not be counted in the group of 10?
  - If social distancing is effectively maintained, yes. Holding activities outside is ideal.

# Key Findings from Cases in Child Care and School Settings

- Try to maintain closed groups as much as possible.
  - Avoid mixing groups as much as possible.
  - Dedicate float staff whenever possible.
- Be mindful of staff gathering/socializing.
- Stay alert to ANY new symptoms of illness, even if mild.
- Type of contact and duration of contact.
- By definition, within 6 feet for 15 minutes or more = close contact exposure.



- [CDC Guidance for Youth and Summer Programs: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html)
- [MDH Guidance for Social Distancing in Youth Sports: https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf](https://www.health.state.mn.us/diseases/coronavirus/schools/youthsports.pdf)
- [MDH guidance documents: https://www.health.state.mn.us/diseases/coronavirus/schools/index.html](https://www.health.state.mn.us/diseases/coronavirus/schools/index.html)
- Situation is fluid, check for updates to guidance documents and resources on a continuous basis.

# Thank you.

*Disclaimer: Information presented in these slides is as accurate as the time it was presented. This situation is fluid and unprecedented and we will continue to do our best to give the most up-to-date guidance.*

*We encourage you to review the [MDH COVID-19 website:](https://www.health.state.mn.us/diseases/coronavirus/index.html)  
<https://www.health.state.mn.us/diseases/coronavirus/index.html>  
for the most up to date information.*